



# Woody Yaloak Athletic Club

Haddon, Victoria

<b>Time</b>	430pm
<b>Location</b>	Nimon's Bridge
<b>Address</b>	170 Galatea Rd, Newtown

## Meet Notes:

### To get to the start:

- Drive to Scarsdale and go out past the Primary School. About 1.5km past the school there are signs for Nimon's Bridge, turn right and follow the gravel road down to the carpark.
- **NOTE: The carpark is small and has minimal turning space, so please park top of hill and walk 100m down to the start.**

### Parent helpers:

- Putting out cones
- Packing up cones
- Timekeeper
- Writing results down
- Marshall on each cone

### The course:

This is an out and back course, running across the bridge and along the Rail Trail to your coloured cone and then back.

AGE GROUP	COURSE	DISTANCE
U6	To <b>Green</b> Cone	500m
U8	To <b>Blue</b> Cone	1000m
U10	to <b>Red</b> Cone	1500m
U12	to <b>Yellow</b> Cone	2000m
U14+	to <b>White</b> Cone	3000m

