



Woady Yaloak Athletic Club

Haddon, Victoria

Time	430pm
Location	Smythesdale Gardens
Address	35 Garden St, Smythesdale

Meet Notes:

To get to the start:

- Meet near the BBQ area at the gardens.

Parent helpers:

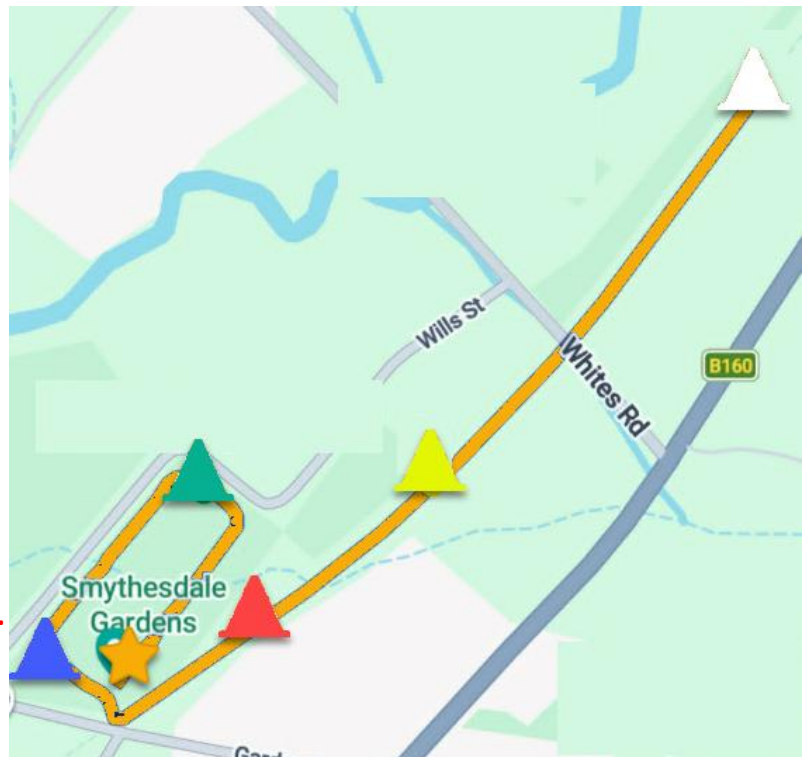
- Putting out cones
- Packing up cones
- Timekeeper
- Writing results down
- Marshall on each cone

The course:

This is an out and back course, running around the gardens, and along the rail trail to your coloured cone and then back to the start/finish line.

The U14+ will cross Whites Roads – please take care.

This crossing must be supervised by an adult.



AGE GROUP	COURSE	DISTANCE
6	To Green Cone	500m
U8	To Blue Cone	1000m
U10	to Red Cone	1500m
U12	to Yellow Cone	2000m
U14+	to White Cone	3000m