



# Woody Yaloak Athletic Club

Haddon, Victoria

**WEEK ONE** – please register online via [www.woodyathletics.org.au](http://www.woodyathletics.org.au)

<b>Date</b>	24 April 2026
<b>Time</b>	430pm
<b>Location</b>	Haddon Rail Trail, meet at Oval
<b>Address</b>	368 Sago Hill Rd, Haddon VIC
<b>Race Marshall</b>	Peter Luke

## Meet Notes:

All runners to meet at Haddon Recreation Centre at 4.30pm on Friday.

This course is the Rail Trail running north from the Recreation Centre. All runners run to their coloured cones and return. The start is at the Wooden Poles on the Rail Trail, near the toilet block, next to the Recreation Centre.

New runners who are doing a trial, please see Peter or Sarah to add your name to the time sheet and confirm your age group before starting.

## Parent helpers:

- Putting out cones
- Packing up cones
- Time keeper
- Marshall on road at Kopkes Road

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

