



2024 ACT Sprint Distance Championships

Sunday March 3rd, 2024

AMAROO SCHOOLS

Organising Club: Abominable O-Men (AO-A)
Organiser: Ann Scown (AO-A)
Course Planner: Edith Gray (AO-A)
Controller: John Shelton Agar (AO-A)

Map: Amaroo Schools
1:3000, 2.5m contours.
Mapped by Ryan Stocks (2018)
Updated by David Stocks (January 2023)

Terrain:

Urban area with buildings, car parks, playing fields, open spaces, relatively flat terrain.

Entries:

Entries close: Wednesday February 28th, 2024
NO ENTER ON THE DAY IS AVAILABLE

Entry Fees: Senior \$20, Junior (<21) \$10.
Non-Members: Senior \$30, Junior (<21) \$15.

Classes:

Championship Classes Women: W10, W12A, W14A, W16A, W20A, W21A, W35A, W45A, W55A, W65A, W75A, W85A, W95A.

Championship Classes Men: M10, M12A, M14A, M16A, M20A, M21A, M35A, M45A, M55A, M65A, M75A, M85A, M95A.

Non-Championship Classes: M/W Open B, M/W Junior B, M/W Open Easy, M/W Open Very Easy, M/W10N.

Start Times: Start times from 1200.

Queuing Starts at 1 minute intervals.

Courses:

Courses have been set to achieve winning times between 12-15 minutes in accordance with OA guidelines.

Course/Class Combinations:

COURSE	DIFFICULTY	CLASS
1	HARD	M21, M20
2	HARD	W20, W21, M16, M35, M45
3	HARD	W16, W35, W45, M55
4	HARD	W55, M65
5	HARD	W65, W75, M75
6	HARD	W85, M85, W95, M95
7	MODERATE	M14, W14, M/W JUNIOR B, M/W OPEN B
8	EASY	M12, W12, M/W OPEN EASY
9	VERY EASY	M10, W10, M/W10N, M/W OPEN VERY EASY

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