



EVENTS 4, 5 ASOC & RTR

Update 30 Sep 2025 – Schools Relay event earlier

Due to extreme heat forecast for midday on Thursday,

- the **ASOC Relay** is now scheduled from **8am**
- and **Run The River 3** from **10am**

See blue highlighting below

DATE	EVENT	TIMELINE FURTHER UPDATED FOR RELAY DUE TO HEAT
Wed 1 Oct	ASOC Long RTR 2 Old Hidden Vale	Registration open: 7:30 am ASOC Long ASOC starts: 8:00 am (Independent Athletes), ASOC starts: 8:30 am (State Team Athletes) Presentations: 11:00 am Course closure: 12:00 pm Run The River 2 Long Public Starts: - Courses 3, 4, 7, 8 from 10:30 am (approx) - Courses 1, 2, 6 – 10:40 am (approx) – 11:40 pm (queuing starts - priority lane for Schools Team coaches / managers - Start interval 30 sec) Course closure: 1:30 pm
Thur 2 Oct	ASOC Relay RTR 3 Deebing Creek	Registration open: 7:30 ASOC Relay Relay briefing: 7:50 ASOC mass start: 8:00 Mass start 2nd/3rd leg: 9:45 (if required) Presentations: 10:15 Course closure: 11:00 Run The River 3 Public courses 7 (Easy): mass start 10:00 Public course 8 (Very Easy): mass start 10:02 Public courses 3, 4 (Shorter Hard, Men/Women C & D): mass start 10:04 Public courses 1, 2, 6 mass start: 10:30 (Mass start recommended for all public, may include forking) Public Queued Starts: 10:40-11:10. Course closure: 12:00 (Run The River Presentations - Saturday at Wivenhoe at Aus Relay)