

Running Information

This information must be read in conjunction with "Sport Information" and "Games Information" available from the website. Details are subject to change. Please contact the Games Office for the most recent information.

Schedule

Venue Macquarie University, North Ryde
 Date Saturday March 20
 Sport Venue Control Macquarie University Sport and Recreation Centre (outside), Gymnasium Road
 Venue Check In from 6:45am
 Race Briefing 7:50am (at start line)
 Start Time 8:00am - 10km 8:30am - 5km

Parking is available at the top of Gymnasium Rd

Course Details

Check-In at Venue Control

You are required to show your validated Games ID Card at Check-in. No card No competition.
 Chest number (supplied at Running Venue Check In) must be worn on the front and be visible throughout the race.
 Changing events is not allowed.
 Start for each distance is in a different location. Finish is at the Venue Control.

The Race Course

Start 5k and 10k start from same line. Staggered start. See Start Times.
 5K 1 lap 5km. Assemble at the start line before 8:20am.
 10K 2 laps 10km. Assemble at the start line before 7:50am.
 The event will be held if it is raining.

Aid Stations

Aid/drinks stations (water) will be at the 2.5km mark.
 Water and fruit will be at the finish area.

Finish

On crossing the finish line stay in order. Collect your "time ticket" and present it at the Venue Control table where it will be recorded.
 Note: If this is not done you will not be included in results.

1st, 2nd & 3rd placegetters in each category will receive a Games Finish Card which must be returned upon receipt of their medal. You must be present to receive your medal. Medal presentation will follow the finish of the event.

Timing – only finish times will be recorded.

Complete results will be available only after verification by the Games

