

MET EAST 10-19yrs CROSS COUNTRY REGIONAL TRIAL



2026 PROGRAM

ATHLETES ARE ADVISED TO ARRIVE 1 HOUR BEFORE THEIR RACE to allow sufficient time to be numbered to warm-up.

8:00am	Team Managers' meeting Course Open for Orientation
8:15am	Officials' briefing
8:45am	Officials in place
8:45am	Course closed
9:00am	10 years girls 2km & 10 – 12yrs Girls Multi-Class
9:20am	10 years boys 2km & 10 – 12yrs Boys Multi-Class
9:40am	14 years girls 4km
10:00am	14 years boys 4km
10:20am	15 years girls 4km
10:40am	15 years boys 4km
11:00am	16 years girls 4km
11:20am	17 years girls 4km
11:40am	Multi-Class Combined 13 - 19 years Age Groups
3km	
12:10pm	17 years boys 6km & 19yrs boys 8km
12:45pm	19 years girls & 16yrs boys 6km
1:15pm	11 years girls 3km
1:30pm	11 years boys 3km
1:45pm	12 years girls 3km
2:00pm	12 years boys 3km
2:15pm	13 years girls 3km
2:30pm	13 years boys 3km
3:00pm	End of Competition