



Distances & Laps

3000m
2 x 1.5k laps

4000m
1 x 1k lap, then
2 x 1.5k laps

6000m
4 x 1.5k laps

Direction
The course is run
in a clockwise
direction.

Hurdles
The first lap has
one hurdle, and
all other laps
have two hurdles.

Athletes can go
over the hurdle or
take a long cut
around the far
end of the hurdle.

New Zealand Secondary Schools Cross Country Championships Course Map
Saturday 15th June 2024 - QE2 & Ascot Parks, Ōtuatahi Christchurch