



2026 AUSTRALIAN ATHLETICS CROSS COUNTRY CHAMPIONSHIPS

22 August 2026

Timetable

Version of 19 July 2026

Time	Event	Distance	Course
08:15	Public Fun Run	5km	1 x 1km & 2 x 2km
09:15	Under 11 Boys	2km	1 x 2km
09:27	Under 11 Girls	2km	1 x 2km
09:40	Under 12 Boys	3km	1 x 1km & 1 x 2km
09:55	Under 12 Girls	3km	1 x 1km & 1 x 2km
10:10	Under 13 Boys	3km	1 x 1km & 1 x 2km
10:25	Under 13 Girls	3km	1 x 1km & 1 x 2km
10:40	Under 15, Under 17, Under 20 and Open Para Men	3km	1 x 1km & 1 x 2km
11:00	Under 14 Boys	3km	1 x 1km & 1 x 2km
11:15	Under 14 Girls	3km	1 x 1km & 1 x 2km
11:30	Under 15, Under 17, Under 20, Open Para Women	3km	1 x 1km & 1 x 2km
11:50	Masters Men and Women (30yrs+)	4km	2 x 2km
13:05	Open Men	10km	5 x 2km
13:40	Open Women	10km	5 x 2km
14:20	Under 15 Women	4km	2 x 2km
14:35	Under 15 Men	4km	2 x 2km
14:50	Under 16 Women	4km	2 x 2km
15:05	Under 16 Men	4km	2 x 2km
15:20	Under 17 Women	4km	2 x 2km
15:35	Under 18 Women	4km	2 x 2km
15:50	Under 17 Men	6km	3 x 2km
16:10	Under 18 Men	6km	3 x 2km
16:30	Under 20 Women	6km	3 x 2km
16:55	Under 20 Men	8km	4 x 2km

(Sunrise: 07:01, Sunset: 17:55)



AUSTRALIAN ATHLETICS JUNIOR RACE WALKING CHAMPIONSHIPS

23 August 2026

Timetable

Version of 19 July 2026

Time	Event	Distance (1km loop)
09:00	Under 20 10km Race Walk - Men	10km
09:00	Under 20 10km Race Walk - Women	10km
10:00	Under 18 5km Race Walk - Men	5km
10:00	Under 18 5km Race Walk - Women	5km
10:00	Under 16 5km Race Walk - Men	5km
10:00	Under 16 5km Race Walk - Women	5km
10:30	Under 14 3km Race Walk - Men	3km
10:30	Under 14 3km Race Walk - Women	3km
10:50	Under 12 2km Race Walk - Men	2km
10:50	Under 12 2km Race Walk - Women	2km

AUSTRALIAN ATHLETICS CROSS COUNTRY RELAYS

23 August 2026

Timetable

Version of 19 July 2026

The timing and grouping of mixed relay teams is subject to change depending on entries

Time	Event	Distance	Course
12:10	Under 12 & Under 14 Mixed Relay	8km	4 x 2km
13:00	Under 16 & Under 18 Mixed Relay	8km	4 x 2km
13:50	Under 20 & Open Mixed Relay	8km	4 x 2km
14:40	Masters (40+, 50+, 60+) Mixed Relay	8km	4 x 2km