



2026 AUSTRALIAN ATHLETICS CROSS COUNTRY CHAMPIONSHIPS

22 August 2026

Timetable

Version of 5 August 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 5 August 2026

Time	Event	Distance (1km loop)
09:00	Under 20 10km Race Walk - Men	10km
09:00	Under 20 10km Race Walk - Women	10km
09:55	Under 18 5km Race Walk - Men	5km
09:55	Under 18 5km Race Walk - Women	5km
09:55	Under 16 5km Race Walk - Men	5km
09:55	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
10:55	Under 12 2km Race Walk - Men	2km
10:55	Under 12 2km Race Walk - Women	2km

AUSTRALIAN ATHLETICS CROSS COUNTRY RELAYS

23 August 2026

Timetable

Version of 5 August 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