

July 2024
AUSTRALIAN MASTERS ATHLETICS
AMA E - NEWS



2024 National Cross Country Short Course Championships

**Symmons Plains Raceway Perth Tasmania
30k from Launceston TAS**

August 31st and September 1st 2024

[Register Here](#) – Individual Event
Registrations Close – 1st August 2024

[Register Here](#) – Mixed Relay Event
Registrations Close – 4th August 2024

State Association Uniform to be worn for this event

[Event Regulations](#)

[Day 1 Program](#)

Individual Event – Men's and Women's – (5 year Age Groups)

Business Fast

A newsletter is a regularly distributed publication that is generally

Mixed Teams Event – 4 person (2 men-2 women – 10 year age groups)

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Accommodation

Nearby towns distances from Symmons Plains raceway

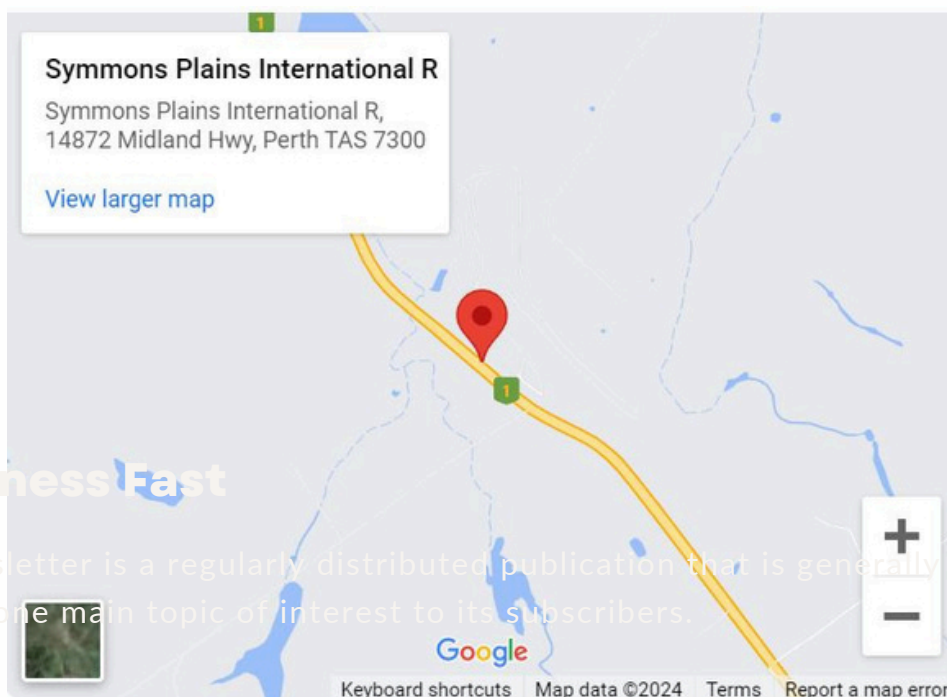
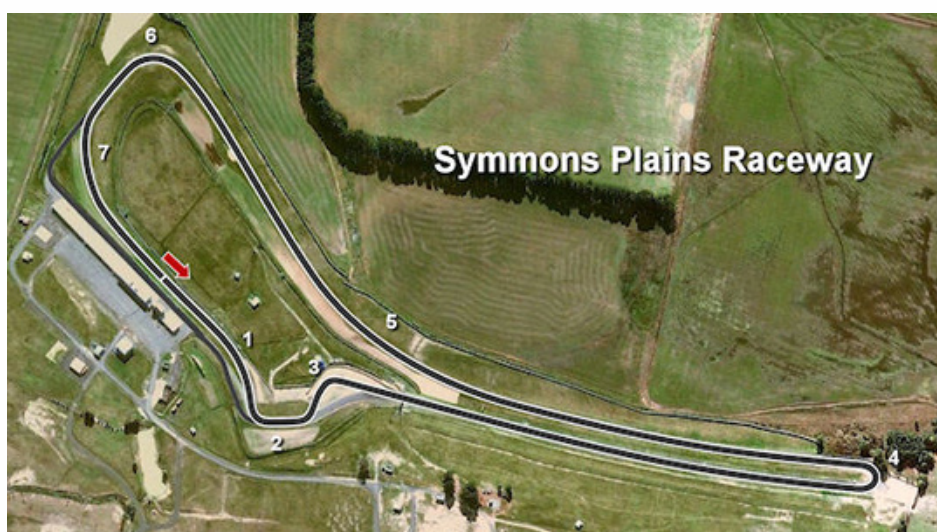
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Business Fast

A newsletter is a regularly distributed publication that is generally about one main topic of interest to its subscribers.

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