

Sydney Harbour 10k - Cut-off & Redirection Points 2017

Sydney Harbour 10k (runners start at 7:30am, last runner over start line at 7:35am)

Once again this year the organisers of the Sydney Harbour 10k & 5k will be continuing the same system of **Cut-Off** and **Redirection Points** along the course in order to control the event 'cut-off' times. Please note that there are time restraints as part of the approval process and therefore cut-off and redirection points must be implemented.

Start Window: Each event will be allocated a 'Start Window', which is a specific period of time whereby the runners must cross the start line within this allocated 'window'. **The Start Window is 5min for the Sydney Harbour 10k. No one will be permitted to cross the start line after 7:35am for the 10k run.** Any athletes whose timing chip is activated after the start window closing time and / or doesn't activate their timing chip at the start line will be disqualified.

Cut-Off & Redirection Points: If a participant fails to reach the designated point by the time indicated they will be given the option of pulling out, continuing by being redirected and 'skipping' a section of the course or being redirected up onto the footpath. Participants must also note that the Tail control official will be issuing late timing warnings to runners throughout the course and should a runner lag behind the cut-off time at any point along the course, the runner will be warned twice, and then asked to remove themselves from the event on the third occasion even if the runner is not at an official Cut-Off or Redirection Point. For the Sydney Harbour 10k, an average speed of 9mon per km or better must be maintained throughout the entire course.

Anyone who is redirected will have their number marked and will not be regarded as an official finisher.

Official Cut-Off Time – 1hr: 35min – participants must maintain 9min per km or better throughout the course. This year (2017) we will be using the system of cut-off and redirection points along the course for the 10km course.

Sydney Harbour 10k Cut-Off & Redirection Points	Distance (Approx)	Race Time (includes Start Lag)	Actual 'Day' Time (if event starts on time) Tail Start 7:35am
1. Start Line (Cut-Of Point) Runners have a 10min window to cross the start line. No one will be permitted to cross the start line after this time.	0.0 km	0 hr : 05min	7:35am
2. Hickson Rd U-Turn (south of Waterman's Quay Rd) Outbound runners at Hickson Rd U-Turn, that are behind the cut-off time may be required to stop to allow lead 10k runners inbound crossing the course to pass, Runners will be held until safe to cross	2.14km	0 hr : 22min	7:52am
3. Western End of Pyrmont Bay Park (Redirection Point) Runners will be redirected to skip Darling Island portion and be turned left and then right onto Pirrama Road for that U-Turn	4.96km (tbc)	0 hr : 48min	8:18am
4. King St / Sussex St (Redirection Point) Runners redirected to continue on the footpath to the finish line	6.66km	1 hrs : 03min	8:33am
5. Hickson Rd / Barangaroo Headland Park Entry (Redirection Point) Runners redirected to continue on the footpath on Hickson Rd, skipping Barangaroo Headland Park and remaining on the footpath until the finish line.			