

# Sydney Harbour 5k - Cut-off & Redirection Points 2017

## **Sydney Harbour 5k (runners start at 7:00am, last runner over start line at 7:10am)**

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 10mn for the Sydney Harbour 5k. No one will be permitted to cross the start line after 7:10am for the 5k 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 5k, an average speed of 9min 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 – 0hr: 55min** – 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 5km course.

Sydney Harbour 5k Cut-Off & Redirection Points	Distance (Approx)	Race Time (includes Start Lag)	Actual 'Day' Time (if event starts on time) Tail Start 7:10am
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 m	0 hr : 10min	7:10am
2. Hickson Rd / Barangaroo Headland Park Entry (Redirection Point). Runners to be redirected to turn right into Barangaroo Headland Park, instead of continuing south on Hickson Rd towards the 5k U-Turn.	1.55 km	0 hr : 24min	7:24am