



PROUDLY SUPPORTING:



Real Insurance Sydney Harbour 5k

Runners start at 7:30am, last runner over start line by 7:40am, start window 10min.

Official cut-off time – 1hr:05min (65min)

Official cut-off time is from when the race starts (7:30am).

Start line cut-off – 10min

All participants must be over start line at 7:40am.

Cut-off / Redirection Point	Race Distance (Approx.)	Race Time	Actual 'Day' Time
1. Start Line (Cut-off Point). Runners have a 10min window to cross the start line. No one will be permitted to cross the start line after this time.	0km	0hr:10min	7:40am
2. Hickson Road / 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 to 5k U-turn.	1.63km	0hr:33min	8:03am

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 course officials will be issuing late timing warnings to participants throughout the course. If this is your first event or you are worried about your fitness, don't be alarmed. It is highly unlikely you will not be able to finish and collect your medal. In the instance that someone is particularly far behind, event organisers, in those instances, will direct participants to the footpath to continue their journey towards the finish line.