

## Sydney Harbour 5k (Runners start at 7:30am, last runner over start line at 7:50am)

This year the organisers of 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.

**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 advertised Start Window is 10min for the Sydney Harbour 5k. Operationally, if required, participants will be permitted to start the race 20mins after race start at 7:30am for the Sydney Harbour 5k giving them a 20min Start Window. No one will be permitted to cross the start line after 7:50am 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 10min 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: 10min** – participants must maintain 10min per km or better throughout the 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 7:50am
1. <b>Start Line (Cut-off Point).</b> Runners have a 20min window to cross the start line. No one will be permitted to cross the start line after this time.	0.0 km	0 hr : 20 min	7:50 am

## Sydney Harbour 10k (Runners start at 8:30am, last runner over start line at 8:40am)

This year the organisers of 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.

**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 10min for the Sydney Harbour 10k. No one will be permitted to cross the start line after 8:40am 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 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 – 1hr: 40min** – participants must maintain 9min per km or better throughout the course. We will be continuing the system of **cut-off** and **re-direction points** along the course for the 10k 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 8:40am
<b>1. Start Line (Cut-off Point)</b> 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 : 10 min	8:40 am
<b>2. Hickson Rd at Barangaroo Reserve Entry Point</b> Outbound runners, at the inbound turn into Barangaroo Reserve from Hickson Rd, may be required to stop to allow lead 10k runners inbound crossing the course to pass. Runners will be held until safe to cross.	1.6 km	0 hr : 24 min	8:54 am
<b>3. Cockle Bay South (Redirection Point)</b> Runners will be redirected to skip the Tumbalong Park section of the course and u-turn, and continue to follow the course past Harbourside Shopping Centre.	3.5 km	0 hr : 40 min	9:10 am
<b>4. Pyrmont Bay Park (Redirection Point)</b> Runners will be redirected to skip the Darling Island Wharf/Metcalf Park section of the course, and turn left from the western end of Pyrmont Bay Park to run towards Pirrama Rd, to re-join the runners going inbound towards Pyrmont Bridge.	4.92 km	0 hr : 55 min	9:25 am
<b>5. King St / Sussex St (Instruction Point)</b> Runners redirected to continue on the footpath to the finish line.	6.63 km	1 hrs: 10 min	9:40 am