



# EASTERN METROPOLITAN REGION

**2009 Cross Country Championships**

**Ruffey Lake Park, Doncaster**

**Sunday 21<sup>st</sup> June 2009**

PROGRAM:            9.45am            First Event Marshaled  
                           10.00 am           First Event commences

**Following events commence at starters discretion**

Event 1	Girls Under 11	2000m
2	Boys Under 11	2000m
3	Girls Under 12	2000m
4	Boys Under 12	2000m
5	Girls Under 6	500m
6	Boys Under 6	500m
7	Girls Under 9	1500m
8	Boys Under 9	1500m
9	* Girls Under 13,14,15	3000m
10	* Boys Under 13, 14, 15	3000m
11	Girls Under 7	1000m
12	Boys Under 7	1000m
13	Girls Under 8	1000m
14	Boys Under 8	1000m
15	Girls Under 10	1500m
16	Boys Under 10	1500m

\* The Under 13, 14 15 age groups may be run separately depending on numbers entered.

Entries                    \$3.00 per athlete  
                                   \$5.00 per team

Entry on the day        \$6.00 per athlete  
                                   \$10.00 per team

All entries should be submitted to your Centre Team Manager

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EMR XC CHAMPIONSHIP 21 <sup>ST</sup> JUNE				
SURNAME	GIVEN NAME	GIRL/BOY	AGE GROUP	CENTRE

Address: \_\_\_\_\_ Phone No: \_\_\_\_\_

Email: \_\_\_\_\_