



Knox Little Athletics Centre Cross Country Season

All registered Knox Athletes are eligible to compete **FOR FREE !**

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SEASON COMMENCES

***April 10th 2010 at Koomba Park Melways 63 C8
1st Event 9.00am - New Registrations from 8.00am***

As with the summer program, the winter Cross-Country program provides for weekly competition, Open Days, Region and State Championships as well as a Knox Centre Championship. Cross-Country runs are staged at different parks and reserves within the City of Knox. They are conducted on Saturday mornings starting at 9:00am and take approximately 90 minutes to complete.

How far does each age group normally run?

(Length of races may vary throughout the season to add variety)

- 500m - Under 6 Girls & Boys (minimum age 4yrs)
- 1000m - Under 7 & 8 girls and Boys
- 1500m - Under 9 & 10 girls & Boys
- 2000m - Under 11 & 12 Girls & Boys
- 3000m - Under 13-15 Girls & Boys plus Youth Athletics

As for the summer season, athletes obtain points over the entire Cross-Country season. These points go towards various awards for individuals and clubs. There are also several 'novelty' days during the season including the opportunity for parents to participate. In Open Days for example, every athlete has the ability to achieve a Team Medal no matter where in the field he/she finishes. The regional Championships are another example where ALL athletes contribute to the team result.

Fresh Faces Welcome

The Cross Country season is run by a completely separate committee to that of the T&F season. The meetings are casual and informal and generally of 1 hour duration, held on the third Tuesday of each month at 7:30pm.

**Next Meeting: Tuesday March 16th at 7.30pm Knox Park (under Grandstand)
Russell Speight 0438-548262 / Dave Murrirhy 0418-542337 / Noel Eastwood 0408-120003**

The Track and Field registration already includes Cross-Country. All NEW Registrations (those not already registered during T&F season) must provide proof of age at time of registration. Cost of New Registration is \$25 for U6 athletes and \$40 for all others.

Knox Little Athletics Centre - Cross Country Season 2010

April 2010		
Sat 10	Koomba Park - Registration Day	Map 63 C8
Sat 17	Jells Park South - Ferntree Gully Rd entrance (Parents 1Km race)	Map 72 B9
Mon 19	Knox Centre AGM - 8pm under Grandstand	Knox Park
Sat 24	Nortons Park - Bring a Friend Day	Map 72 A2
Sat 24	ALAC Championships	Queensland
May 2010		
Sat 1	Wicks Reserve	Map 65 H8
Sat 8	Jells Park North - Waverley Rd entrance	Map 71 K6
Sat 15	Tirhatuan Park (Parents 2Km race)	Map 81 F8
Sat 22	Nortons Park	Map 72 A2
Sat 29	Bellbird Dell	Map 62 J6
Sun 30	Bayside Open Day	TBA
June 2010		
Sat 5	Wicks Reserve (Parents 1Km race)	Map 65 H8
Sat 12	Koomba Park	Map 63 C8
Sun 13	Benalla Open Day (Note: Changed date from Knox LAC handbook of 6th June)	Benalla
Sat 19	Knox Park - Footy Colours Day	Map 73 D7
Sun 20	EMR Cross Country Championships - Doncaster	Ruffey Park Lake
Sat 26	Jells Park South - Ferntree Gully Road entrance - Handicap Day	Map 72 B9
July 2010		
Sat 3	Knox Open Day - Nortons Park (Parents 3Km race)	Map 72 A2
Fri 2 - Sun 4	VLAA Centrefest	TBA
Sat 10	Tirhatuan Park	Map 81 F8
Sat 17	Jells Park North - Waverley Road entrance	Map 71 K6
Sat 24	Knox Centre Cross Country Championships - Nortons Park (Note: Changed date from Knox LAC handbook)	Map 72 A2
August 2010		
Sun 1	VLAA State Cross Country Championships (Note: Changed date from Knox LAC handbook)	TBA
Sat 7	Knox Centre Presentation Night - St Josephs Hall	Map 64 H9
Sat 7	AV/VLAA Sandown Cross Country Road Relays	Sandown Park

- All athletes must complete in their age group race, NO RUNNING-UP
- Any changes to the program will be advised in the Cross Country Newsletter
- Region & State Cross Country – athletes intending to compete in the Region and State CC Championships must advise the Team Manager BEFORE Region