

# BOX HILL LITTLE ATHLETICS CENTRE

## CROSS COUNTRY OPEN DAY



**SUNDAY 27 JUNE 2010**



- VENUE:** Wattle Park, Surrey Hills Opposite the Chalet (entrance from Riversdale Road), Melways: 60 J3
- STARTING TIME:** Marshalling for first event 9.45am First event starts 10.00am
- Entries::** **Eastern 7 athletes** ( Box Hill, Nunawading, Ringwood, Kew, Collingwood, Doncaster, Camberwell/Malvern) to enter **DIRECTLY WITH THEIR OWN CENTRE**  
**Non Eastern 7 athletes** - Postal entry \$6.00 per competitor  
**Late entries on the day close at 9.30am** - \$10.00 per entry
- POSTAL ENTRIES:** Forward completed entry form and cheque -payable to BHLAC by 23 June to :  
**2010 BHLAC Open Day**  
**c/- 6 Benbrook Avenue**  
**Mont Albert North. Vic. 3129**  
Enquiries: Andrew & Wendy Edwards email: [bhlacrosscountry@gmail.com](mailto:bhlacrosscountry@gmail.com)
- CONDITIONS:** Athletes must be registered with the VLAA and must be in their correct age group.- unless required to make up an incomplete team  
**No protests will be allowed. Club or Centre uniform must be worn. Spikes are not permitted.**  
**Non Eastern 7 competitors'** -Entry fees must accompany entry forms.
- AWARDS:** Medals presented to the first three individual placegetters plus the first three teams (comprising 3 competitors) in each age group including open age. All other competitors receive a ribbon & certificate
- SPECIAL OVER AGE EVENT:** Interaths registered athletes, and any other athletes over 15 may enter the Open Age event providing the "Disclaimer" is completed and signed before starting.
- FACILITIES:** Catering will include sausage sizzle, drinks, snacks and confectionery

**PROGRAM** :

Event 1	U/11 & U/12 Boys and Girls	2000m
Event 2	U/ 9 & U/10 Boys and Girls	1500m
Event 3	U/ 6 Boys and Girls	500m
Event 4	U/7 & U/8 Boys and Girls	1000m
Event 5	U/13 - U/15 Boys and Girls	3000m
Event 6	Interaths and Open Age Group	3000m

Note: The above program may change at the organiser's discretion (e.g. Age Groups may be split or merged due to numbers, also a short and long distance event may be on the course at the same time.)



Surname	Given Name	M/F	Age Group	Centre	Email Contact
			U/		
			U/		
			U/		