

2008 CROSS COUNTRY SEASON CALENDAR

all Seaford events at Seaford North Primary School

Date		Program	Comments
05/04/08	Sat	A	Last Sat. of school holidays
12/04/08	Sat	B	
19/04/08	Sat	A	
26/04/08	Sat	B	
03/05/08	Sat	A	
10/05/08	Sat	Seaford Open Day	Confirmed
17/05/08	Sat	B	
24/05/08	Sat	A	Also Bayside Open Day . Athletes will receive season points for running at Bayside or at Seaford.
31/05/08	Sat	Dandenong Open Day	Confirmed
07/06/08	Sat	B (optional 1, 2 or 3 laps - no points) - see note below	Queen's B'day hol. weekend
14/06/08	Sat	C	
21/06/08	Sat	B	
28/06/08	Sat	REGION	Confirmed, SEAFORD hosting at St. Leonard's College, Melways 93 K12
05/07/08	Sat	No program (mid of school hol)	Try Knox Open Day, if you're feeling keen for a run
12/07/08	Sat	A	Last Sat. of school holidays
19/07/08	Sat	B	
26/07/08	Sat	C	
02/08/08	Sun	Nominated times & Road Walks	Day before State Champs.
03/08/08	Sat	STATE	Confirmed, Lardner Park
09/08/08	Sat	Centre Championships	
16/08/08	Sat	Handicap & Presentations	
23/08/08	Sat	No Cross Country	

Age at 30 September, 2007

Course "A" - Around school

Course "B" - Through bushes

Course "C" - Wetlands path

U6-U7

1000m,

800m

1500m

U8

1000m

1500m

2000m

U9-U10

2000m

1500m

3000m

U11-Open

2000m

3000m

4000m

Open Short

1000m

1500m

2000m

Notes: The Queen's Birthday holiday event is a new trial on the calendar this year. This represents an extra week as we are not having a week off for Oakleigh Open Day this year. The idea of no-points choice of 1, 2 and 3 lap races (1500, 3000 or 4500m) is proposed because some high school athletes have requested additional longer races as preparation for longer events in school competition.