

# Box Hill Little Athletics Centre

## CROSS COUNTRY OPEN DAY



**SUNDAY MAY 31 2009**



- VENUE:** Wattle Park, Surrey Hills (entrance from Riversdale Road), Melways Ref: 60 J2
- STARTING TIME:** 10:00am – marshalling for first event 9.45am
- ENTRY FEE:** Eastern 7 athletes – Box Hill, Nunawading, Ringwood, Kew, Collingwood, Doncaster, Camberwell/Malvern – to enter **DIRECTLY WITH THEIR OWN CENTRE.**  
**All other athletes** - \$6.00 per entry  
**Late entries on the day only up to 9.30am** - \$8.00 per entry
- POSTAL ENTRIES:** Forward entry form and cheques payable to BHLAC - BEFORE THURSDAY 28 MAY  
2009 BHLAC Open Day  
c/- 23 Fermanagh Rd  
Camberwell VIC 3124  
Enquiries Jane Monsell-Butler 9813 4313 or email janemb@iinet.net.au
- CONDITIONS:** Athletes must be registered with the VLAA and must in their correct age group.  
No protests will be allowed. Club or centre uniform must be worn. Spikes are not permitted.  
Entry fees must accompany entry forms.
- AWARDS:** Medals will be presented to the first three individual placegetters, and the first three teams in each cross country event including open age. All other athletes will receive a competitor's ribbon.
- 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.
- FACILITIES:** Catering will include sausage sizzle, drinks 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/		

