

SEAFORD Little Athletics Centre

Cross Country Winter Athletics Information 2008

When?

Saturday morning from 9.15am to approx 10.30am, most weeks from 5th April to 16th August, 2008 (draft program subject to finalisation)

Where?

At Seaford North Primary School, Halifax Street, Seaford, 3198.

What?

Each Saturday we run cross country events over one of 3 courses, as follows:

<u>Age at 30 September, 2007</u>	<u>U6-U7</u>	<u>U8</u>	<u>U9-U10</u>	<u>U11-Open</u>	<u>Open Short</u>
Course "A" - Around school	1000m,	1000m	2000m	2000m	1000m
Course "B" - Through bushes	800m	1500m	1500m	3000m	1500m
Course "C" - Wetlands path	1500m	2000m	3000m	4000m	2000m

On most Saturdays we also hold Race Walking events. Athletes may register for Cross Country only, for Race-Walking only, or for both Cross Country and Race Walking.

Who?

Open to ALL ages from 5 years up. Mums and Dads are welcome to have a run too – our Open Age races are very popular and cater for all standards!

Why?

Any reason you like. Some of our athletes are training for Little Athletics Regional and State Cross Country Championships, or for Primary or Secondary School Sport Association events. Others just like having a run with some friends or are trying to get fit. Some are mainly sprinters or field eventers in the summer season and want to build their core strength and endurance over the winter. We welcome and encourage all equally.

How much?

For athletes already registered with Little Athletics for the summer season, the only cost for the winter season is as follows:

Cross Country only	\$25
Walking only	\$15
Both Cross Country and Walking	\$35

This covers all our local costs of running the season, including season end trophies.

U6 to U15 athletes not already registered with Little Athletics need to pay an additional \$24 registration fee. This covers part-year registration with the Victorian Little Athletics Association, and includes medical and liability insurance cover.

U25 and Open Age athletes need to pay an additional registration fee of \$10, unless they are registered with Senior Athletics, Interaths, or as a Seaford Little Athletics Open Age competitor.

Athletes who do not wish to commit to running every week can instead pay \$2 for each week they attend, but they will be listed as unregistered athletes and will not be eligible for trophies, awards or course records.