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**BACCHUS MARSH LITTLE ATHLETICS CENTRE  
CROSS COUNTRY**

# 2010 Open Day

## Sunday 16<sup>th</sup> May, 2010

**Venue:** Bullengarook Reserve

Bacchus Marsh/Gisborne Road, Bullengarook

See map overleaf for location. Melways 609 F11

**Time:** First Event 11.00am

**Enquiries:** Paul Miesen 5367 4580 or Karen Shugg 5367 2140

Email: paulmiesen@gmail.com



- **Entry Fee:** \$5.00 per competitor
- **Forward entry form to:** 2010 BMLAC CC Open Day  
4 Millbank Street  
Bacchus Marsh Vic 3340

Postal entries close Monday May 10. Cheques, money orders etc made payable to BMLAC.

- **Conditions of entry:** All athletes must be registered with VLAA. Centre or Club uniform must be worn. No protests will be entered into. Spikes are not permitted. Athletes must compete in their own age groups.
- **Awards:** Medals will be presented to the first three placegetters in each age group. All competitors will receive a certificate of participation.
- **Perpetual Trophy:** Awarded to the Centre who accumulates the most points during the days competition for age groups U/6-15. To be held by that Centre for 12 months.
- **Facilities:** Hot Food and Drinks will be available. Ample parking. Toilets

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**2010 BMLAC Cross Country Open Day: VLAA Athletes Entry Form**

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Surname	Given Names	B/G	Age group	Centre	Fee

**Contact Name** \_\_\_\_\_ **Phone** \_\_\_\_\_ **Email** \_\_\_\_\_

**Open Age Entry Form →**

## 2010 BMLAC CC OPEN DAY: PROPOSED PROGRAM OF EVENTS

1	Under 11 Girls	2000m		10	Under 6 Boys	500m
2	Under 11 Boys	2000m		11	Open Age Men	3000m
3	Under 12 Girls	2000m		12	Under 13,14 & 15 Girls	3000m
4	Under 12 Boys	2000m		13	Under 13,14 & 15 Boys	3000m
5	Under 7 Girls	1000m		14	Open Age Women	1500m
6	Under 7 Boys	1000m		15	Under 10 Girls	1500m
7	Under 8 Girls	1000m		16	Under 10 Boys	1500m
8	Under 8 Boys	1000m		17	Under 9 Girls	1500m
9	Under 6 Girls	500m		18	Under 9 Boys	1500m

The program may change at the organisers' discretion. Some age groups/genders may be run together depending on entry numbers.

### Map Bullengarook is approx 19 kms from Bacchus Marsh, 7 kms from Gisborne



### 2010 BMLAC Cross Country Open Day: Open Age Men & Women Entry Form

Name \_\_\_\_\_ Event  Mens 3000m  Womens 1500m

#### Open Age Terms and Conditions

I understand that my participation in the Open Age Men's / Women's event represents the possibility of injury and agree to enter at my own risk. By accepting the terms of this agreement I agree to release and discharge BMLAC and VLAA from any responsibilities or liabilities from injury arising in my participation and association in this event.

I have read, understood and accept the above declaration and agree to abide by the terms and conditions. (Please tick)

Signature \_\_\_\_\_ Date \_\_\_\_\_