SEAFORD LITTLE ATHLETIC CENTRE

99

TWENTY SIXTH ANNUAL
CROSS COUNTRY OPEN DAY

AND TWELFTH
WINTER WALKING OPEN DAY

SATURDAY MAY 8th, 2010

VENUE: Seaford North Primary School, Hallifax Street, Seaford. Melway ref. 97 F11

PARKING: Street parking is available in Clovelly Parade, (off Railway Parade) and in Hallifax Street and Airlie Grove (both off Armstrongs Road). Access to the school grounds is not permitted except for official vehicles.

STARTING TIME: 9.30 am sharp. First event marshalled at 9.15 am.

ENTRY FEE: $6.00 per event. Each competitor may enter only one cross country event and/or one walking event. Late entries taken on the day $8.00 per event.

ENTRIES TO: Kerri Jewell, 24 Airlie Grove, Seaford 3198 by Tuesday 5th May 2009 Inquiries 9786 4842 (after 6pm)

CONDITIONS: Athletes must be registered with the V.L.A.A. No composite teams will be accepted other than those whereby a competitor from the same Centre steps up an age group. Entry fees must accompany entry forms. Substitute runners will not be accepted. Protests of any kind will not be entertained. No spikes permitted.

AWARDS: Medals will be presented to the first three individual placegetters, and the first three teams in each cross country event including open age. Medals in walk events will be presented to individual placegetters only.

PROGRAM :

1	U11 girls	2000m	**11**	Open short Course	1000m
2	U11 boys	2000m	**12**	*U11,12,13*	*1800m Walk*
3	*U8,9,10*	*1200m Walk*	**13**	U9 girls	1500m
4	U12 girls	2000m	**14**	U9 boys	1500m
5	U12 boys	2000m	**15**	U10 girls	1500m
6	U6 girls & boys	1000m	**16**	U10 boys	1500m
7	*U14,15,Open*	*2400m Walk*	**17**	U13,14,15 girls	3000m
8	U7 girls & boys	1000m	**18**	U13,14,15 boys	3000m
9	U8 girls	1000m	**19**	U25 girls & boys	3000m
10	U8 boys	1000m	**20**	Men & Ladies	3000m

SURNAME	GIVEN NAME	BOY/GIRL	AGE GROUP	CENTRE	RUN/WALK/BOTH