



Benalla Little Athletic Centre Cross Country



**“OPEN DAY”
SUNDAY 13th JUNE 2010**

- Starting Time:** First event commences at 11.00am.
- Venue:** Reef Hills Reserve – off Mansfield Road, Benalla.
Watch for signs.
- Entry Fee:** \$5.00 per competitor. Postal entries are encouraged. Late entries will be accepted up to 30 minutes prior to the start.
- Conditions of Entry:** All athletes must be registered with VLAA or NSWLA. Centre/Club uniform and running shoes must be worn. Spikes are not permitted. Athletes must compete in their own age groups. **NO** protests allowed. All decisions made by BLAC will be final. A walk of the course is advisable.
- Awards:** Medals will be presented to the first three (3) place getters in each age group. Competed cards will be awarded to all competitors.
- Special Open Event:** Anyone (except Little Aths) allowed to enter the Open 1500m/3000m event. 1st, 2nd, 3rd, medals in both Ladies and Mens.
- Perpetual Trophy:** Awarded to the Centre (to hold for 12 months) who accumulates the greatest number of points on the day. Decided as follows:-
1st - 4 pts; 2nd – 3pts; 3rd – 2pts; all other competitors who finish –1pt.
- Facilities:** Hot food & drinks available. Adequate toilets & parking available.
- Entries:** Please forward entry form and money to:-
B.L.A.C. Cross Country
PO Box 245
Benalla, Vic, 3671
by Wednesday 9th June 2010
- Enquiries:** Diane 03 57622907 or email - diannemurphy5@bigpond.com

ENTRY FORM

Name.....Age Group:.....

Address:.....

Phone:.....Centre/Club:.....

Please forward with \$5.00 Entry Fee to: B.L.A.C. Cross Country, PO Box 245, Benalla, Vic, 3671 by Wednesday 9th June 2010