



SUNBURY LITTLE ATHLETICS
CENTRE

SUNBURY

Cross Country Open Day

Sunday 11th July 2010

Jackson St Reserve, Sunbury
Melways 382 E6

STARTING TIME: 10:30am **MARSHALLING TIME** for EVENTS 1 & 2 is 10.15am

ENTRY FEE: \$5 per competitor. Late entries at \$6.00 per competitor will be accepted on the day until 9:30am.

CONDITIONS OF ENTRY: Athletes must be registered with VLAA.
Athletes must compete in their own age group.
Centre or club uniform must be worn.
NO SPIKES ALLOWED.
NO PROTESTS ALLOWED.

AWARDS: Medals will be presented to the first three place-getters in each age group. All competitors will receive a participation certificate.

FACILITIES: Hot food, drinks etc will be available.

ENTRIES TO: Sunbury Little Athletics Centre
PO Box 673 Sunbury 3429
Cheques should be made payable to: Sunbury Little Athletics Centre.
Enquires: Mrs Joanne Dinsdale 9744 4916 or email sunbury@vlaa.asn.com

PROGRAM:

1. Boys & Girls	U6 500m	2. Girls	U13/14/15 3000m
3. Boys	U13/14/15 3000m	4. Girls	U7 1000m
5. Boys	U7 1000m	6. Girls	U8 1000m
7. Boys	U8 1000m	8. Girls	U11 2000m
9. Girls	U12 2000m	10. Boys	U11 2000m
11. Boys	U12 2000m	12. Girls	U9 1500m
13. Girls	U10 1500m	14. Boys	U9 1500m
15. Boys	U10 1500m		

Please note: Age Groups may be run together – depending on entry numbers

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Please Print:

Surname	Given Name	Girl/Boy	Age Group	Centre

Address: _____

Phone: _____ Email: _____