

2010 EASTERN 7 Sunday Cross Country Calendar

<u>DATE</u>	<u>CENTRE</u>	<u>PROGRAM</u>	<u>MAP REF</u>	<u>LOCATION</u>
<u>March</u>				
Sunday 28th	Pre-season CC Training		62 J6	Bellbird Dell
<u>April</u>				
Sunday 11th	Box Hill	A	61 B6	Gardiner's Creek*
Sunday 18th	Camberwell/Malvern	B	61 J3	Orchard Grove, Blackburn
Sunday 25th	Anzac Day - No Competition			
<u>May</u>				
Sunday 2nd	Kew (Bring A Friend Day)	A	45 K5	Stradbroke Park
Sunday 9th	Mother's Day - No Competition			
Sunday 16th	Doncaster	B	33 F10	Ruffey Lake Park
Sunday 23rd	Nunawading Open Day	A	62 C8	Bill Sewart Athletics Track
Sunday 30th	Ringwood	B	36 B12	Quambie Reserve
<u>June</u>				
Sunday 6th	Collingwood	A	2D D5	Yarra Bend W.J. Cox Oval
Sunday 13th	QUEENS BIRTHDAY WEEKEND	Optional	622 B8	BENALLA OPEN DAY
Sunday 20th	REGIONAL - EMR	Region	33 F10	Ruffey Lake Park
Sunday 27th	Box Hill Open Day	B	60 J2	Wattle Park
<u>July</u> NB: School Holidays = June 25th till July 12th				
Saturday 3rd	Knox Open Day (Open Day)	Optional	72 A2	Norton's Park
Sunday 11th	Nunawading	B	62 C8	Bill Sewart Athletics Track
Sunday 18th	Eastern 7 Reward Day #	A	33 F10	Ruffey Lake Park
<u>August</u>				
Sunday 1st	STATE CHAMPIONSHIPS	State	452 F11	Geelong Racecourse

* South side at the rear of Deakin University, enter via Holland Avenue, off Burwood Highway

= ATTENDANCE REQUIRES MINIMUM OF 3 EASTERN 7 SUNDAY RUNS PRIOR TO THIS EVENT

<u>PROGRAM A</u>		
10.00am	2000m	U11/ U12
10.15am	1500m	U9 / U10
10.30am	500m	U6
10.45am	1000m	U7 / U8
11.00am	3000m -	U13-U16

<u>PROGRAM B</u>		
10.00am	3000m	U13-U16
10.15am	1000m	U7 / U8
10.30am	500m	U6
10.45am	1500m	U9 / U10
11.00am	2000m	U11/ U12