



# SMR XC Challenge



**Saturday June 26<sup>th</sup>, 2010**  
**Penbank School – Mornington-Tyabb Road, Moorooduc**

Melways Ref: 146 F6

Walk the Course from 9:15am, Marshalling First Event: 9:45am

Program of Events		
Event #	Age groups	Distance
1/2	U13 B/G	3000m
3/4	U14 B/G	3000m
5/6	U15 B/G	3000m
7/8	U9 B/G	1500m
9/10	U10 B/G	1500m
11/12	U11 B/G	2000m
13/14	U12 B/G	2000m
15/16	U8 B/G	1000m
17/18	U7 B/G	800m
19/20	U6 B/G	800m
21/22	U16 B/G	3000m
23/24	Open Men / Women	3000m
25/26	U13-U15 B/G	3 x 1500m Relay
27/28	U9-U12 B/G	4 x 1000m Relay

**Medals  
for 1<sup>st</sup>, 2<sup>nd</sup> & 3<sup>rd</sup>,  
Ribbons 4<sup>th</sup> to 8<sup>th</sup>**

Both Individual and  
Team medals presented  
for each race

Something **Different?**

Try a **Cross Country Relay as well!**

There's Mixed Age Cross Country Relays for Boys & Girls.

*Composite Teams allowed.*

**YOU CAN ENTER BOTH** Individual & Relay events

*Late Entries for relay teams only accepted with payment  
until 11am on competition day.*

*Note: Open Age athletes must sign a waiver before competing.  
Age Group genders maybe combined due to numbers.  
For Relay Teams - There must be an athlete from each age group.  
Athletes can move up age groups to fill a position.  
NO PROTESTS WILL BE ACCEPTED*

ENTRY FEES: \$6.00 PER INDIVIDUAL, \$9.00 PER AGE GROUP TEAM, \$9.00 PER RELAY TEAMS

ENTRIES CLOSE: WEDNESDAY 9<sup>TH</sup> JUNE 2010 AT 8PM – NO INDIVIDUAL LATE ENTRIES ACCEPTED.

**OPEN TO ALL LITTLE ATHLETES ACROSS VICTORIA.**

**SMR Centres – submit entries & payment to your Centre's Cross Country Co-ordinator.**

**Non SMR Centres – submit entries & payment to SMR Organising Secretary**

For further Information on course layouts, entry forms etc. contact the SMR Organising Secretary, Steve Lopes -- email:  
smr.orgsecretary@vlaa.asn.au or mobile: 0412 530 163

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