



# ESSENDON LITTLE ATHLETICS CENTRE INC. CROSS COUNTRY OPEN DAY

## SATURDAY 15<sup>th</sup> JULY 2017

MOONEE VALLEY ATHLETICS TRACK  
Corio Street Moonee Ponds

- STARTING TIME:** 10:00AM      **MARSHALLING TIME** for EVENTS 1 & 2 at 9:45AM
- ENTRY FEE:** \$6.00 per competitor.  
**Late entries \$10.00 per competitor will be accepted on the day till 9:30am.**
- CONDITIONS OF ENTRY:** Athletes must be registered with LAVic  
Athletes must compete in their own age group.  
**Centre or Club uniform with name tag 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 athletes will receive certificates.
- FACILITIES:** Hot food, drinks etc. will be available.
- ENTRIES TO:** **Recording Table by 8<sup>th</sup> July 2017.**  
**Cash or Cheques accepted.** (Cheques made payable to ELAC Inc)  
Enquiries: Mrs Gwen Timmins 0438 558 060 [essendon@lavic.com.au](mailto:essendon@lavic.com.au)
- PROGRAM:**
- |     |              |              |       |     |       |              |       |
|-----|--------------|--------------|-------|-----|-------|--------------|-------|
| 1.  | Boys & Girls | U6           | 500m  | 2.  | Girls | U13/14/15/16 | 3000m |
| 3.  | Girls        | U7           | 1000m | 4.  | Boys  | U7           | 1000m |
| 5.  | Boys         | U13/14/15/16 | 3000m | 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.**

✂ ----- ✂

### ESSENDON OPEN DAY 15<sup>TH</sup> JULY 2017

Please Print:

Surname	Given Name	Girl/Boy	Age Group	Centre

Address: \_\_\_\_\_ Phone No. \_\_\_\_\_

Email: \_\_\_\_\_