

# DIVISION ONE

## CROSS COUNTRY 2019

**Commences Saturday 4<sup>th</sup> May – Finishes Saturday 10<sup>th</sup> August 2019**

<b>8:30am</b>	<b>Saturday</b>	<b>4<sup>th</sup> May</b>	<b>Essendon</b>
9:00am	Saturday	11 <sup>th</sup> May	Essendon
9:00am	Saturday	18 <sup>th</sup> May	Keilor
9:00am	Saturday	25 <sup>th</sup> May	Sunbury
9:00am	Saturday	1 <sup>st</sup> June	Coburg
<b>State Cross Country Relay Event Cruden Farm, Langwarrin</b>			
<b>10:00am</b>	<b>Saturday</b>	<b>8<sup>th</sup> June</b>	<b>Division One Open Day at Essendon</b>
<b>10:00am</b>	<b>Saturday</b>	<b>15<sup>th</sup> June</b>	<b>Sunbury Open Day</b>
<b>10:00am</b>	<b>Saturday</b>	<b>22<sup>nd</sup> June</b>	<b>Region Cross Country at Essendon</b>
9:00am	Saturday	29 <sup>th</sup> June	Coburg
9:00am	Saturday	6 <sup>th</sup> July	Essendon
<b>State Road Relays Sandown Racecourse</b>			
9:00am	Saturday	13 <sup>th</sup> July	Essendon
<b>10:00am</b>	<b>Saturday</b>	<b>20<sup>th</sup> July</b>	<b>Essendon Open Day</b>
	<b>Saturday</b>	<b>27<sup>th</sup> July</b>	<b>No Competition LAVic Conference</b>
<b>TBA</b>	<b>Saturday</b>	<b>3<sup>rd</sup> August</b>	<b>State Cross Country Lake Dewar, Myrning</b>
<b>9:00am</b>	<b>Saturday</b>	<b>10<sup>th</sup> August</b>	<b>Super Handicap &amp; Presentation Day at Essendon</b>

### Distances

U6	Boys & Girls	500m
U7-8	Boys & Girls	1000m
U9-10	Boys & Girls	1500m
U11-12	Boys & Girls	2000m
U13-16	Boys & Girls	3000m

### Venues

Coburg	Harold Stevens Athletics Track, Outlook Road
Essendon	Moonee Valley Athletics Track, Corio Street
Sunbury	Jackson Street Reserve, Jackson Street
Keilor	Keilor Park Recreation Reserve, Stadium Drive