Welcome to Division One Cross Country 2021

Cross Country costs $2.00 per week per athlete on normal competition days. Events will be held in order of distance from 500m to 3000m. The number of races will depend on the number of athletes present. Athletes must compete in their correct age group/distance.

Open days and Region/State cost extra as the athletes compete for medals and receive certificates. Entries need to be completed online and the order of events is different to normal competition days.

Cross Country does not get cancelled due to inclement weather. Always have a spare set of clothing and footwear with you each week.

All athletes are required to wear their Team, Club or Centre uniform with their Name tag attached.

If wearing Skins they need to be turned inside out so the logo is not showing.

If at any time during the season your child pulls out of their race could you please advise the people at the recording table.

Weekly results will be available on ResultsHQ and Centre Websites/Team App.

We require parents to be finish marshalls, course marshalls, time keepers, "bunnies", as well as helping with setup / packup of the courses.

As we have athletes competing from Coburg, Craigieburn, Essendon, Hume, Keilor Lancefield/Romsey, Preston/Reservoir and Sunbury each Centre needs to supply officials weekly to ensure the program runs smoothly.

At the end of the season we have a presentation day where trophies are presented to athletes who have competed on 6 (**six**) competition days including Open Days. Region and State Cross Country are not counted as competition days.

Region Cross Country will be held at Bundoora Park for U9-16 athletes with individual and team medals awarded. Athletes must enter online at www.lavic.com.au To compete at State Cross Country athletes must compete and complete the course at Region.

We hope that you enjoy the 2021 Cross Country Season.

Gwen Timmins

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DIVISION ONE

CROSS COUNTRY 2021

Commences Saturday 1st May – Finishes Saturday 7th August 2021

8:30am	Saturday	1st May	Essendon
9:00am	Saturday	8th May	Essendon
9:00am	Saturday	15th May	Keilor
9:00am	Saturday	22nd May	Keilor
9:00am	Saturday	29th May	Sunbury
9:00am	Saturday	5th June	Keilor
	LAVic State Cross Country Relays		**Cruden Farm, Langwarrin**
10:00am	**Saturday**	**12th June**	**Division One Open Day at Essendon**
10:00am	**Saturday**	**19th June**	**Region Cross Country at Bundoora Park**
9:00am	Saturday	26th June	Craigieburn
9:00am	Saturday	3rd July	Sunbury
9:00am	Saturday	10th July	Keilor
9:00am	Saturday	17th July	Craigieburn
9:00am	Saturday	24th July	Keilor
TBA	**Saturday**	**31st July**	**LAVic State Cross Country Lake Dewar, Myrniong**
9:00am	Saturday	7th August	Super Handicap & Presentation Day, Essendon

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

Craigieburn	Sprint Athletics Centre, 1140 Aitken Boulevard
Essendon	Moonee Valley Athletics Track, Corio Street
Sunbury	Jackson Street Reserve, Jackson Street
Keilor	Keilor Park Recreation Reserve, Stadium Drive
Region	Bundoora Park, Plenty Road, Bundoora