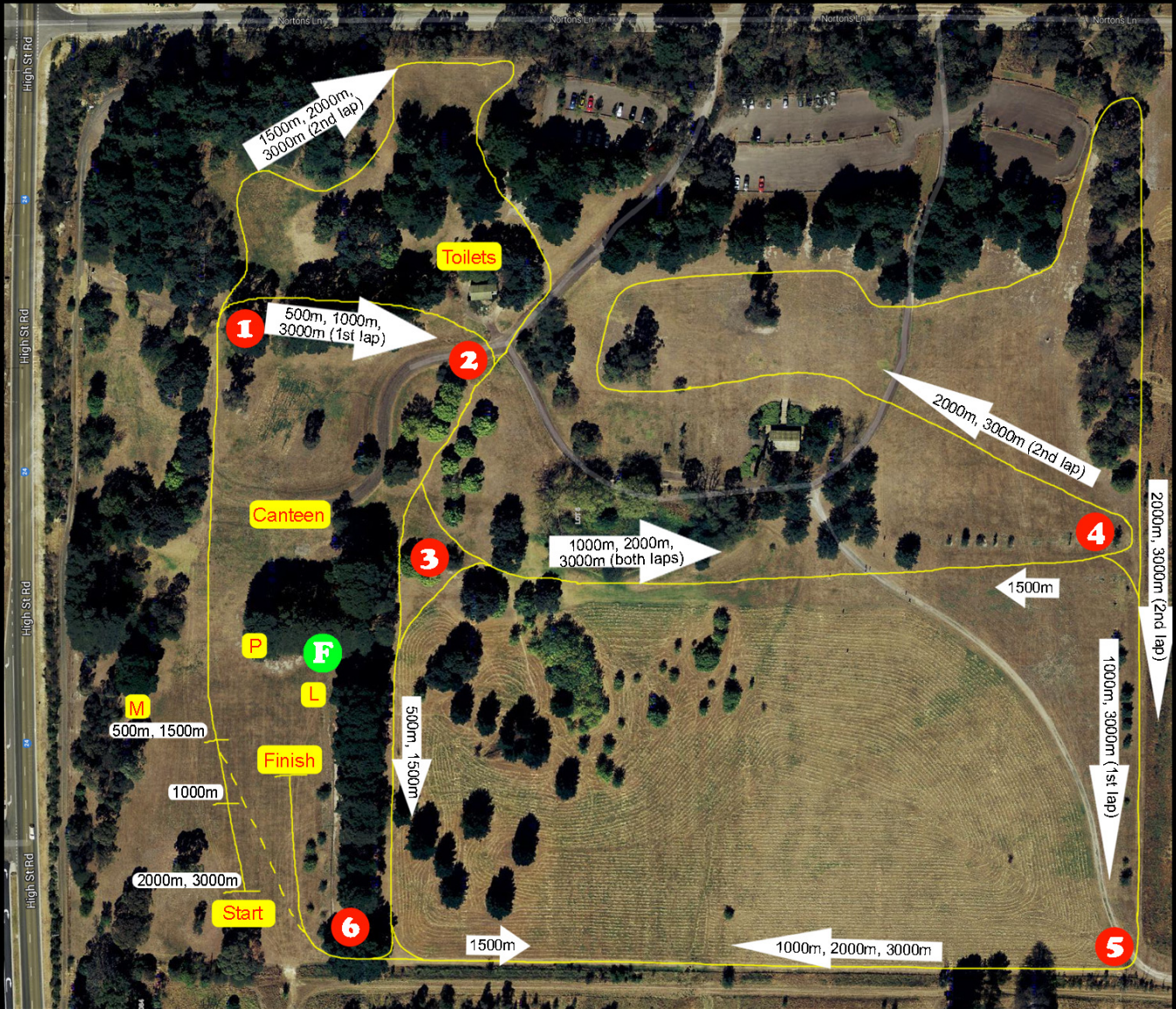




KNOX LITTLE ATHLETICS CENTRE CROSS COUNTRY OPEN DAY NORTONS PARK, WANTIRNA SOUTH



- Course marshals
- M Marshalling
- P Presentations
- L Late entries & payments
- F First Aid

Program of Events

9:30am - Walk the Course. 10:00am - First event. (Last Event approx. 2:00pm)

1-	U7 Boys	1000m		9 -	U13/14/15 Girls	3000m
2 -	U7 Girls	1000m		10 -	Open Age	3000m
3 -	U9 Boys	1500m		11 -	U12 Boys	2000m
4 -	U9 Girls	1500m		12 -	U12 Girls	2000m
5 -	U11 Boys	2000m		13 -	U10 Boys	1500m
6 -	U11 Girls	2000m		14 -	U10 Girls	1500m
7 -	U13/14/15 Boys	3000m		15 -	U8 Boys	1000m
8 -	U6 Boys/Girls	500m		16 -	U8 Girls	1000m

Age groups may be combined depending on number of entries