



# Knox Little Athletics Centre

## 2016 2017 Season Dates

## CROSS COUNTRY

DATE	DAY	PROG	DETAILS	PARENTS
<b>APRIL</b>				
8	Sat	D	Koomba Park - Registration Day	
15	Sat		No Meet (Easter weekend)	
15-17	Sat/Sun		<b>STAWELL GIFT / TELSTRA STORES HANDICAPS - Stawell</b>	
22	Sat	A	Nortons Park – Bring a Friend Day	
29	Sat	B	Koomba Park	
<b>MAY</b>				
6	Sat	C	Tirhatuan Park	
13	Sat	D	Jells Park North (Waverley Road entrance) – Pink Day	1000m
20	Sat		<b>KNOX OPEN DAY – Nortons Park</b>	3000m
27	Sat	A	Jells Park South (Ferntree Gully Road entrance)	
<b>JUNE</b>				
3	Sat	B	Tirhatuan Park	
3	Sat		<b>STATE ROAD RELAY CHAMPIONSHIPS – Sandown – TBC</b>	
10	Sat		No meet (Queen’s birthday weekend)	
11	Sun		<b>BENALLA OPEN DAY</b>	
17	Sat	C	Jells Park North (Waverley Rd)	
23	Fri	D	Knox Park – Twilight Footy Colours – 6:00PM Start	2000m
24	Sat		<b>EMR CROSS COUNTRY CHAMPIONSHIPS (location TBA)</b>	
<b>JULY</b>				
1	Sat	A	Jells Park South (Ferntree Gully Rd) – Handicap Day	
8	Sat		No meet (School Holidays)	
15	Sat	B	Nortons Park	
22	Sat		<b>STATE CROSS COUNTRY CHAMPIONSHIPS (Cruden Farm)</b>	
29	Sat	C	Jells Park North – Championship Day	1500m
<b>AUGUST</b>				
5	Sat		Presentation Night	

Programs A, B, C and D – First race starts at 9:00am.

**Bold** dates require registration before the event and are held outside normal competition days.  
Times are approximate. Dates, times, programs and locations are subject to change.

Program	Race Order								
A	U7&8 1000m	>	U11&12 2000m	>	U6 500m	>	U7&8 1500m	>	U13-16 3000m
B	U13-16 3000m	>	U7&8 1000m	>	U6 500m	>	U11&12 2000m	>	U7&8 1500m
C	U7&8 1500m	>	U13-16 3000m	>	U6 500m	>	U7&8 1000m	>	U11&12 2000m
D	U11&12 2000m	>	U7&8 1500m	>	U6 500m	>	U13-16 3000m	>	U7&8 1000m

The parents run is always after U6.