



Knox Little Athletics Centre Cross Country 2018

2018 Season Dates

| Month | Date | Day | Program | Details | Online Duty Sign Up | Parents Race |
|--------|------|----------|---------|--|--|--------------|
| April | 7th | Saturday | | No meet (School Holidays) | | |
| April | 14th | Saturday | D | Koomba Park – Registration Day | www.volunteersignup.org/WQEL7 | |
| April | 21st | Saturday | A | Nortons Park - Bring a friend Day | www.volunteersignup.org/7KX7T | |
| April | 28th | Saturday | B | Lewis Park – Lewis Road, Wantirna | www.volunteersignup.org/9M97T | |
| May | 5th | Saturday | C | Jells Park South – Pink Day | www.volunteersignup.org/JPKXF | 1000m |
| May | 12th | Saturday | D | Lysterfield Lake | www.volunteersignup.org/KRWCR | |
| May | 19th | Saturday | | Knox Open DAY (Nortons Park) | Duty Roster TBA | 3000m |
| May | 26th | Saturday | A | Koomba Park | www.volunteersignup.org/KPLQF | |
| June | 2nd | Saturday | B | Jells Park North CROSS COUNTRY RELAYS-Crudon Farm | www.volunteersignup.org/DJCAM | |
| June | 9th | Saturday | | No meet (Queen’s Birthday Weekend) | | |
| June | 10th | Sunday | | BENALLA OPEN DAY | | |
| June | 16th | Saturday | C | Knox Park – Colour Run & Beyond Blue Fundraiser | www.volunteersignup.org/k8TP7 | 2000m |
| June | 23rd | Saturday | | EMR CROSS COUNTRY CHAMPIONSHIPS | Duty Roster TBA | |
| June | 30th | Saturday | D | Nortons Park – Handicap Day | www.volunteersignup.org/DHL9J | |
| July | 7th | Saturday | | No meet (School Holidays) | | |
| July | 7th | Saturday | | STATE ROAD RELAY CHAMPIONSHIPS-Sandown | | |
| July | 14th | Saturday | A | Tirhatuan Park | www.volunteersignup.org/C4TTQ | |
| July | 21st | Saturday | B | Lewis Park - Lewis Road, Wantirna | www.volunteersignup.org/9FTHA | |
| July | 28th | Saturday | | STATE CROSS COUNTRY CHAMPIONSHIPS-Lake Dewar Myrningong | Duty Roster TBA | |
| August | 4th | Saturday | C | Jells Park North – Championship Day | Duty Roster TBA | 1500m |
| August | 11th | Saturday | | Presentation Night | | |



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

Bold dates in red require registration before the event and are held outside normal competition days.

Times are approximate. Dates, times, programs and locations are subject to change.

Knox requires 1 volunteer from Sherbrooke & Waverley families each week.

| Program | Race Order | | | | | | | | |
|---------|--------------|---|--------------|---|---------|---|--------------|---|--------------|
| A | U7&8 1000m | > | U11&12 2000m | > | U6 500m | > | U9&10 1500m | > | U13-16 3000m |
| B | U13-16 3000m | > | U7&8 1000m | > | U6 500m | > | U11&12 2000m | > | U9&10 1500m |
| C | U9&10 1500m | > | U13-16 3000m | > | U6 500m | > | U7&8 1000m | > | U11&12 2000m |
| D | U11&12 2000m | > | U9&10 1500m | > | U6 500m | > | U13-16 3000m | > | U7&8 1000m |

Parents race is always run after U6's.

