



Knox Little Athletics Centre

Cross Country 2019

2019 Season Dates

DATE	DAY	PROG	DETAILS	PARENTS
APRIL				
6	Sat	D	Koomba Park – Registration Day	
13	Sat	A	Jells Park North	
20	Sat		Easter (NO RACES)	
27	Sat	B	Lewis Park	
MAY				
4	Sat	C	Jells Park South	
11	Sat	D	Lysterfield Lake – Pink Day	
18	Sat	A	Tirhatuan Park	
25	Sat	B	Nortons Park – Open Day	
JUNE				
1	Sat	C	Jells Park South – Cruden Farm Cross Country Relays	
8	Sat		No meet (Queen’s birthday weekend)	
9	Sun		BENALLA OPEN DAY	
15	Sat	D	Knox Park – Footy Colour Day	
22	Sat		EMR CROSS COUNTRY CHAMPIONSHIPS - Jells Park South	
29	Sat	A	Lewis Park – Handicap Day	
JULY				
6	Sat		School Holidays (NO RACES)	
6	Sat		STATE ROAD RELAY CHAMPIONSHIPS - Sandown	
13	Sat	B	Nortons Park	
20	Sat	C	Tirhatuan Park	
27	Sat	D	Jells Park North – Championship Day	
AUGUST				
3	Sat		State Cross Country – Lake DEWAR	
10	Sat		Presentation Night - (Location TBA)	

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	> 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

The parents run is always after U6.