



Knox Little Athletics Centre

Cross Country 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		Norton Park – Open Day	
JUNE				
1	Sat	B	Jells Park South / State Cross Country Relays - Cruden Farm	
8	Sat		No meet (Queen’s birthday weekend)	
9	Sun		BENALLA OPEN DAY	
15	Sat	C	Knox Park – Footy Colour Day	
22	Sat		EMR Cross Country Carnival - Jells Park South	
29	Sat	D	Lewis Park – Handicap Day	
JULY				
6	Sat		School Holidays (NO RACES)	
6	Sat		State Road Relay Championships - Sandown	
13	Sat	A	Norton Park	
20	Sat	B	Tirhatuan Park	
27	Sat	C	Jells Park North – Championship Day	
AUGUST				
3	Sat		State Cross Country Championships - 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.