# 2023 Season Dates

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| --- | --- | --- | --- | --- | --- |
| **DATE** | **DAY** | **PROG** | **DETAILS** |  | |
|  |  |  |  |  | |
| **APRIL** |  |  |  |  | |
|  |  |  |  |  | |
| 1 | Sat |  | Track and Field Championship Backup – No Races |  | |
| 8 | Sat |  | Easter (NO RACES) |  | |
| 15 | Sat |  | School Holidays (NO RACES) |
| 22 | Sat | A | Knox Park Athletics Track |  | |
| 25 | Tue |  | Anzac Day – Public Holiday |  | |
| 29 | Sat | B | Nortons Park |  | |
|  |  |  |  |  | |
| **MAY** |  |  |  |  | |
|  |  |  |  |  | |
| 6 | Sat | C | Tirhatuan Park |  | |
| 13 | Sat | D | Jells Park North – Pink Day |  | |
| 20 | Sat | A | Jells Park South |  | |
| 27 | Sat | B | Knox Park Athletics Track |  | |
|  |  |  |  |  | |
| **JUNE** |  |  |  |  | |
|  |  |  |  |  | |
| 3 | Sat | C | Tirhatuan Park |  | |
| 10 | Sat |  | King’s Birthday Weekend – No Races |  | |
| 17 | Sat |  | Jells Park South – **Open Day** |  | |
| 24 | Sat | D | Nortons Park |  | |
| 24 | Sat |  | State Cross Country Relay |  | |
|  |  |  |  |  | |
| **JULY** |  |  |  |  | |
|  |  |  |  |  | |
| 1 | Sat |  | School Holidays (NO RACES) |  | |
| 8 | Sat | A | Jells Park North – Footy Colours Day |  |
| 15 | Sat | B | Tirhatuan Park |  | |
| 22 | Sat | C | Nortons Park – Handicap Day |  |
| 29 | Sat |  | **EMR CROSS COUNTRY CARNIVAL – Ruffey Park Lake (Doncaster Hosting)** |  | |
|  |  |  |  |  | |
| **AUGUST** |  |  |  |  | |
|  |  |  |  |  | |
| 5 | Sat | D | Jells Park North – Championship Day |  | |
| 12 | Sat |  | **STATE CROSS COUNTRY CHAMPIONSHIPS – Lake Dewar** |  | |
| 19 | Sat |  | Presentation Night – Details TBC |  | |
|  |  |  |  |  | |

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

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Program** | **Race Order** | | | | |
| A | U7&8 1000m | > U11&12 2000m | > U6 500m | > U9&10 1500m | > U13-17 3000m |
| B | U13-17 3000m | > U7&8 1000m | > U6 500m | > U11&12 2000m | > U9&10 1500m |
| C | U9&10 1500m | > U13-17 3000m | > U6 500m | > U7&8 1000m | > U11&12 2000m |
| D | U11&12 2000m | > U9&10 1500m | > U6 500m | > U13-17 3000m | > U7&8 1000m |

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

**Locations:**

**Knox Athletic Track** – Bunjil Way Knoxfield

**Nortons Park** – Norton’s Lane off High Street

**Jells Park South** – Ferntree Gully Road Entrance near Oaks Picnic Areas

**Jell Park North** – Waverly Road Entrance near Madeline’s Cafe

**Tirhatuan Park** – Kriegel Way, Dandenong North

**EMR – Ruffey Park Lake** – The Boulevard, Templestowe