



# Knox Little Athletics Centre

## Cross Country 2024

### 2024 Season Dates

DATE	DAY	PROG	DETAILS
<b>APRIL</b>			
6	Sat		School Holidays
13	Sat		School Holidays
20	Sat		No Races
27	Sat		ANZAC Weekend
<b>MAY</b>			
4	Sat	A	Tirhatuan Park – Opening Round
11	Sat	B	Eastfield Park Croydon
18	Sat	C	Tirhatuan Park
25	Sat	D	Nortons Park
<b>JUNE</b>			
1	Sat	A	Jells Park South
8	Sat		<b>STATE RELAY CROSS COUNTRY CHAMPIONSHIPS (Cruden Farm)</b>
15	Sat	B	Eastfield Park Croydon
22	Sat	C	Tirhatuan Park
29	Sat	D	Nortons Park
<b>JULY</b>			
6	Sat		School Holidays (NO RACES)
13	Sat		<b>EMR Cross Country Carnival (Venue TBC)</b>
20	Sat	A	Tirhatuan Park
27	Sat	B	Nortons Park – Handicap Day
<b>AUGUST</b>			
3	Sat		<b>STATE CROSS COUNTRY CHAMPIONSHIPS (Venue TBC)</b>
10	Sat	C	Tirhatuan Park (TBC)
17	Sat		Presentation Night –TBC

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

Program	Race Order									
A	U7 & U8	1000m	>	U11 & U12	>	U6	500m	>	U13-U17	3000m
B	U13-U17	3000m	>	U7 & U8	>	U6	500m	>	U9 & U10	1500m
C	U9 & U10	1500m	>	U13-U17	>	U6	500m	>	U11 & U12	2000m
D	U11 & U12	2000m	>	U9 & U10	>	U6	500m	>	U7 & U8	1000m

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