





State 4km Cross Country Championships 25 April, 2009 Domain Cross Roads Oval, 1:30pm start. Club team entry form

Teams are \$20 each, with no limit on the number of teams entered.

MALE TEAM 1

MALE TEAM 2

MALE TEAM 3

MALE TEAM 4

FEMALE TEAM 1

FEMALE TEAM 2

FEMALE TEAM 3

FEMALE TEAM 4

Clubs must enter teams and nominate runners before the race starts.