

Welcome to Cross Country (Winter) Season 2019

(Hosted by Berwick LAC)

What's Cross Country?

Cross Country (XC) is our Winter Athletics season. It is family orientated and we encourage and allow all members of the family to participate. We run and race on all types of tracks ... through puddles, bush trails, mud and open grass and in all weather conditions.

We encourage all abilities and reward PB's (personal bests). It's not just how fast you run, it's how much you can improve.

We participate in a number of team events, competition events and handicap races to add variety.

Each Saturday we will run events with the approximate distances:

Under 6 to Under 7	1000m
Under 8 to Under 9	1500m
Under 10 to Under 11	2000m
Under 12 to Under 16	3000m

(Age as at 31st December 2018)

Week 1	27 th April	Edwin Flack, Manuka Rd, Berwick
Week 2	4 th May	Edwin Flack, Manuka Rd, Berwick
Week 3	11 th May	Edwin Flack, Manuka Rd, Berwick
Week 4	18 th May	Casey Fields, Berwick–Cranbourne Rd, Cranbourne East
Week 5	25 th May	Edwin Flack, Manuka Rd, Berwick (Handicap #1)
Week 6	1 st June	U9-16 XC relays, Cruden Farm, Langwarrin (U6-8 Troupes Creek)
Week 7	7 th June	Friday Twilight 4:30pm @ Edwin Flack, Manuka Rd, Berwick
Week 8	15 th June	Akoonah Park, Cardinia St, Berwick
Week 9	22 nd June	U9-16 Region Championships, Venue TBC (U6-U8 Edwin Flack)
Week 10	29 th June	Lysterfield lake, Horswood Rd, Lysterfield lake
Week 11	6 th July	U9-16 State Road Relays, Sandown (U6-8 Troupes Creek)
Week 12	13 th July	Edwin Flack, Manuka Rd, Berwick (Reverse track)
Week 13	20 th July	Aranmore lake, 100 Crawley Rd, Narre Warren North
Week 14	27 th July	Edwin Flack, Manuka Rd, Berwick (Handicap #2)
Week 15	3 rd Aug	U9-16 State Championships, Lake Dewar, Myrning (U6-U8 Lysterfield lake)
Week 16	10 th Aug	Cardinia Reservoir, Crystal Brookes Picnic area
Week 17	17 th Aug	Berwick Challenge - Edwin Flack, Manuka Rd, Berwick
Week 18	24 th Aug	Berwick Championships - Edwin Flack, Manuka Rd, Berwick
Week 19	TBC	Presentations TBC

Any changes to the schedule will be announced on Berwick LAC facebook.

Who:

Open to ALL registered athletes from 5-16 years. Mums, Dads and under 5s are invited to have a run/walk too but will need to sign a waiver.