SEAFORD LITTLE ATHLETIC CENTRE

99

THIRTY-FIRST ANNUAL
CROSS COUNTRY OPEN DAY

AND SEVENTEENTH
WINTER WALKING OPEN DAY

SATURDAY MAY 30th 2015

VENUE: Seaford North Primary School, Hallifax Street, Seaford. Melway ref. 97F11

PARKING: Street parking is available in Clovelly Parade, (off Railway Parade) and in Halifax Street and Airlie Grove (both off Armstrongs Road). Access to the school grounds is not permitted except for official vehicles.

STARTING TIME: 9.30 am sharp. First event marshalled at 9.15 am.

ENTRY FEE: $8.00 per RUN event, $6.00 per WALK event. Each competitor may enter only one cross country event and/or one walking event. Late entries taken on the day $10.00 per event.

ENTRIES TO: Kerri Holmes, 24 Airlie Grove, Seaford 3198 or k-holmes@optusnet.com.au by Tuesday 26th May 2014. Enquiries 9786 4842 (after 7.30pm). Payment by cheque or **direct bank deposit: Bendigo Bank BSB 633108 Account # 141270017, in the name of Seaford Little Athletics Centre.** If paying by bank deposit, please use your family surname as the reference, and email your entry form, along with your payment details and reference ID to the email address above.

CONDITIONS: Athletes must be registered with LAVic (except U25 and Open age groups). No composite teams will be accepted other than those whereby a competitor from the same Centre steps up an age group. Entry fees must accompany entry forms. Substitute runners will not be accepted. Protests of any kind will not be entertained. No spikes permitted.

AWARDS: Medals will be presented to the first three individual placegetters, and the first three teams in each cross country event including open age. Medals in walk events will be presented to individual placegetters only.

PROGRAM :

1	U11 girls	2000m	**11**	*U11,12,13*	*1800m Walk*
2	U11 boys	2000m	**12**	U9 girls	1500m
3	*U8,9,10*	*1200m Walk*	**13**	U9 boys	1500m
4	U12 girls	2000m	**14**	U10 girls	1500m
5	U12 boys	2000m	**15**	U10 boys	1500m
6	U6 girls & boys	1000m	**16**	Open Short Course	1500m
7	*U14,15,Open*	*2400m Walk*	**17**	U13,14,15 girls	3000m
8	U7 girls & boys	1000m	**18**	U13,14,15 boys	3000m
9	U8 girls	1000m	**19**	U25 girls & boys	3000m
10	U8 boys	1000m	**20**	Men & Ladies	3000m

SURNAME	GIVEN NAME	BOY/GIRL	AGE GROUP	CENTRE	RUN/WALK/BOTH