



Preston Reservoir Little Athletics Centre Inc.

Edwardes Lake Park, Reservoir

www.prestonreservoir@lavic.com.au

2015 CROSS COUNTRY SEASON

Preston Reservoir LAC will begin its 2015 Cross Country season on Saturday 18th April, the season continues until Come & Try & Registration Day for the new 2015/ 2016 Track & Field season. Be at the clubhouse by 9:15am for a 9:30am sharp race start.

We run at picturesque Edwardes Lake Park and there will great barista coffee and hot chocolate and fresh cooked hot jam doughnuts available to buy at the canteen along with a soup & bread, and some other munchies to enjoy.

Please ensure that you are at the track 15 minutes before the events commence.

The Cross Country calendar is subject to change, so make sure you are on TeamApp for all updates.

You can find information about Team App at: **teamapp.com** or download from AppStore. Then in clubs look for **PRLAC**

Date	Event
18 th April 2015	Race day 1
25th April 2015	Anzac Day – 100th Anniversary – Lest we Forget (no race)
2 nd May 2015	Race day 2
16 th May 2015	Race day 3
30 th May 2015	Race day 4
6th June 2015	Queen's Birthday Long Weekend (no race)
13 th June 2015	Race day 5
21 st June 2015	Race day 6
27th June 2015	Northern Region Cross Country –TBC & Venue TBA
	School Holidays
18 th July 2015	Race day 7
25th July 2015	VLAA State Cross Country Championships – TBC & Venue TBA
1 st Aug 2015	Race day 8
15 th Aug 2015	Race day 9
29 th Aug 2015	Race day 10
6 Sept 2015	Dress-up and run (but still wear your singlet!!) and Medal Presentation

New Athletes need to complete a PRLAC registration form and pay the \$75.00 registration fee (inclusive of LAVic insurance component) to compete.

Existing athletes must complete the Cross-Country registration form and pay the \$30.00 XC registration fee to be able to compete.

As always, parents are needed to help with the set-up of the courses and the more help we get the better our club runs. We look forward to seeing many athletes over Cross Country season.

Preston Reservoir LAC Inc. Committee

President: Rob Walsh 0448 012 236

Secretary: Christina Carelli 0418 557 912