

DIVISION ONE CROSS COUNTRY 2009

8:30am	Saturday	2 nd	May	Essendon	(Registration Day)
9:00am	Saturday	9 th	May	Essendon	
9:00am	Saturday	16 th	May	Keilor	
9:00am	Saturday	23 rd	May	Sunbury	
9:00am	Saturday	30 th	May	Coburg	
10:00am	Saturday	6th	June	Div One Open Day ESSENDON	
9:00am	Saturday	13 th	June	Keilor	
9:00am	Saturday	20 th	June	Sunbury	
10:00am	Saturday	27th	June	Region Cross Country Coburg	
	Saturday	4 th	July	Centrefest --- No Competition	
9:00am	Saturday	11 th	July	Sunbury	
10:00am	Saturday	18th	July	Essendon Open Day	
11:00am	SUNDAY	26th	July	State Cross Country Bundoora Park	
9:00am	Saturday	1st	August	Essendon	Super Handicap & Presentation Day

Distances

U6	Boys & Girls	500m	U7	Boys & Girls	800m / 1000m
U8	Boys & Girls	1000m	U9	Boys & Girls	1500m
U10	Boys & Girls	1500m	U11	Boys & Girls	2000m
U12	Boys & Girls	2000m	U13	Boys & Girls	3000m
U14	Boys & Girls	3000m	U15	Boys & Girls	3000m

Venues

Essendon	Moonee Valley Athletics Track	Corio St. Moonee Ponds
Sunbury	Jackson Street Reserve,	Jackson Street. Melway 382 E6
Keilor	Keilor Park Recreation Reserve	Melway 15 B5
Coburg	Harold Stevens Athletics Field	Outlook Road Melway 18 A10