



SUNBURY
Cross Country Open Day
Sunday 5th July 2009
Jackson St, Sunbury - Melways 382 E6

STARTING TIME: 10:00am **MARSHALLING TIME** for EVENTS 1 & 2 at 9:45am

ENTRY FEE: \$5 per competitor. Late entries \$6.00 per competitor will be accepted on the day till 9:30am.

CONDITIONS OF ENTRY: Athletes must be registered with VLAA
 Athletes must compete in their own age group
 Centre or club uniform must be worn
NO SPIKES ALLOWED.
NO PROTESTS ALLOWED.

AWARDS: Medals will be presented to the first three place-getters in each age group.

FACILITIES: Hot food, drinks etc will be available.

ENTRIES TO: Sunbury Little Athletics Centre
 PO Box 673 Sunbury 3429
 Cheques made payable to: Sunbury Little Athletics Centre.
 Enquires: Mrs Joanne Dinsdale 9744 4916 or email sunbury@vlaa.asn.com

PROGRAM:

1. Boys & Girls U6 500m	2. Girls U13/14/15 3000m
3. Boys U13/14/15 3000m	4. Girls U7 1000m
5. Boys U7 1000m	6. Girls U8 1000m
7. Boys U8 1000m	8. Girls U11 2000m
9. Girls U12 2000m	10. Boys U11 2000m
11. Boys U12 2000m	12. Girls U9 1500m
13. Girls U10 1500m	14. Boys U9 1500m
15. Boys U10 1500m	

Please note: Age Groups may be run together – depending on entry numbers

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Please Print:

Surname	Given Name	Girl/Boy	Age Group	Centre

Address: _____

Phone: _____ **Email:** _____