



ESSENDON LITTLE ATHLETICS CENTRE INC.

CROSS COUNTRY OPEN DAY

SATURDAY 24th JULY 2010

MOONEE VALLEY ATHLETICS TRACK: Corio Street Moonee Ponds

Melways 28 C6

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

ENTRY FEE: \$5.00 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 V.L.A.A.
 Athletes must compete in their own age group.
Centre or Club uniform with name tag 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: **E.L.A.C. PO Box 454 Moonee Ponds 3039.**
 By 10th July 2010
 Cheques made payable to: **ESSENDON LITTLE ATHLETICS CENTRE INC.**
 Enquiries: Mrs Gwen Timmins ☎ 0438 558 060 or e-mail essendon@vlaa.asn.au

PROGRAM:	1.	Boys & Girls	U6	500m	2.	Girls	U13/14/15	3000m
	3.	Girls	U7	1000m	4.	Boys	U7	1000m
	5.	Boys	U13/14/15	3000m	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 No. _____

Email: _____