



Little Athletics Nunawading

Cross Country Open Day

Sunday 22 May 2011

VENUE: Bill Stewart Athletics Track, East Burwood, Melways 62C8

START: Program A. Marshalling 9.45am for first event 10am.

ENTRIES: Eastern 7 centres (Box Hill, Nunawading, Ringwood, Kew, Collingwood, Doncaster, Camberwell/Malvern) to enter directly with their own centre.
Non-Eastern 7 athletes – Postal entry via form below.
Cost: \$7 per athlete. Late entries on the day \$10.

Postal entries and cheque payable to Nunawading Little Athletics Centre to be received by 18 May 2011 for Non-Eastern 7 centres. Sent to:

NLAC Open day
C/- 6 Abercromby Road
Blackburn Sth, Vic. 3130

AWARDS: Medals presented to the first 3 individual and team placegetters in each age group.

PROGRAM:

10.00am	2000m	U11/12
10.15am	1500m	U9/10
10.30am	500m	U6
10.45am	1000m	U7/8
11.00am	3000m	U13/14/15

Times are a guide only and the program may change at the organiser's discretion (e.g. age groups may be split or combined or short and long distance races ran at the same time.)

CONDITIONS: LAV rules and conditions shall apply. Athletes must be registered with LAV and run in their correct age group – unless required to make up an incomplete team. No protests will be allowed.

ENQUIRIES Jude Morris 0412 264 857 (Jod72@optusnet.com.au)

Surname	Given Name	M/F	Age Group	Centre	Contact Ph #	Contact email.