



Cross Country Program

For 2009 Season

DATE	COMMENTS	DAY	WEEK	VENUE
April 18		Saturday	Registration Trial Run	Presidents Park-Adventure Playground
April 25	Level 1	Saturday	1	Presidents Park-Adventure Playground
May 2	Level 2	Saturday	2	Wyndham Park
May 9	Level 3 Running with Altona LAC	Saturday	3	H.D. Graham Reserve Altona Meadows (behind Netball / Basketball Stadium)
May 16	Level 1	Saturday	4	Riverbend Park
May 23	Level 2	Saturday	5	Werribee South Beach
May 30	Level 3	Saturday	6	Cobbledick's Ford Reserve
June 7	Geelong open day	Saturday	No points	Geelong botanical gardens
June 13	Level 1	Saturday	7	Wyndham Park
June 20	Running with Altona LAC	Saturday	8	H.D. Graham Reserve Altona Meadows (behind Netball / Basketball Stadium)
June 21	Western Metro Region	Sunday		Geelong Botanical Gardens
July 4	Family Fun Run TBC (School holidays)	Saturday	NO POINTS	CANCELLED
July 11	Level 3	Saturday	9	Cobbledick's Ford Reserve
July 18		Saturday	10	Brimbank Park Keilor
July 26		Sunday	States	State Championships Bundoora
August 9		Saturday		Presentation day (Presentation Day Presidents Park)

Location of venues

- **Wyndham Park**
Enter by the footbridge across the river, off Comben Drive (Map 205, J8)
- **Cobbledick's Ford Reserve**
Drive out Tarneit Road, turn left at Doherty's Road, travel to the T intersection (about 8 km west) and then turn left into Dukelows Road. The reserve is about 1 km down the road. Total trip is about 15 minutes by car from Werribee Plaza. Access through Wyndhamvale and off Ballan Road is quicker but is not recommended because of the rough road and the need to cross the ford.
- **Riverbend Park**
Car park at corner of Heaths Road and Purchas Street (about 200 metres north of the Italian Social Club). Walk about 200 metres into the park to the starting area. (Map 205, F2)
- **H.D. Graham Reserve Altona Meadows** (Behind Netball / Basketball Stadium)
Turn at Netball & Basketball Stadium, and continue through gate into H.D. Graham Reserve. Follow road to the end. (Map 208, K1)
- **Presidents Park-Adventure Playground**
Corner of Heaths Road and McGrath Road, Wyndhamvale (Map 205, C4)
- **Werribee South Beach**
Playground on Beach Road, use car park beside boat ramps (Map 209, F11)

- Brimbank Park Keilor , use bottom car park (Map 14 H9)

2009 Important notes for all cross country competitors

- April 18th is an opportunity to register for cross country and have a trial run over 1km. The session will commence at 9.00am and there will be no tickets issued or points allocated. Early registration can be made before this date.
- Athletes registered with Little Athletics for the 2008/2009 year do not need to pay a registration fee for the cross country season. **These athletes still need to register for cross country for administration reason.**
- Athletes not already registered for the 2008/2009 year need to complete a registration form, pay a \$40 registration fee and produce evidence of their date of birth. Age group is determined by their age on the 1st of October 2008.
- **All athletes pay a one off fee of \$15, which goes towards a trophy fund. This must be paid or no points will be awarded.**
- The 9-10 weeks of local competition are conducted on Saturday mornings and start promptly at **9.00am**. All athletes must be in attendance by that time, as the order of running the age groups will vary from week to week. It is recommended that athletes arrive by **8.45 am** so they can walk the course beforehand.
- Parents will be requested to assist with tasks such as showing athletes where to run, marshalling athletes before races, timekeeping, writing out placing tickets or packing up equipment.
- There will be a new course set out to run at Brimbank Park in Keilor. Date OR dates are to be advised in the near future.
- **Regional and State championships are open to particular age groups. There will be no cross country during school holidays. There will also be no competition on long weekends. There will be a Family Fun Run in the You Yangs planned for the 4th of July for those wishing to have a run over the school holiday period.. Details to follow .**
- Trophies will be presented on Saturday 9th August at 10.00am. This will be preceded by a handicap race at 9.30am. All athletes will run in one race over 1500 metres, with handicaps based on their best performance during the season.
- All athletes who participate on at least 50% will receive a participation trophy. Athletes who finish first, second or third in their group at the end of the season will receive trophies. These trophies will be determined by each athlete's "TOTAL" points scored over the cross country season.
- **Scoring - The first 3 place getters will receive maximum points. 1st 130 points, 2nd 115 points and 3rd 100 points. From there on points will reduce in 5 point lots starting from 85 points. (4th 85 points ,5th 80 points, 6th 75 points, 7th 70 points etc..) All competitors will receive a minimum of 50 points regardless of their placing. (eg, 30th position out of 30 competitors will receive 50 points) If you don't finish a race you will receive 30 points.**
- Each week athletes will be given a placing ticket showing their finishing time and age group. Results will also be posted on the web site. Athletes are encouraged to focus on improving their times each week, against repeated courses. The last three weeks results will be held prior to presentations.
- There will be four races each week, 1000 metres for U6-U8, 1500 metres for U9-U10, 2000 metres for U11-U12 and 3000 metres for U13-U15. Depending on the number of competitors, some races may be run together.
- **As cross country is a winter sport we run every Saturday, regardless of the weather, with the exception of lightning, snow or flooding.**

All information was correct when printed or placed on the website, but may be changed subject to executive committee direction.

Any queries contact Mark De Girolamo 0413 883 364