

I could use it as a trial for the State Titles

SMR XC & Walks Challenge

The Relays & Walks Sounds like Fun.



Saturday June 18th, 2011

St Leonards School - Riverend Road, Bangholme

(Melways Ref 93 K12)

OPEN TO ALL LITTLE ATHLETES ACROSS VICTORIA.

Entries Open – 6pm Saturday 14th May 2011 - Refer to the SMR Website on Saturday 14th May 2011 & your Cross Country Coordinator for Entry Information..

ENTRY FEE: \$8.00 PER INDIVIDUAL EVENT / \$9.00 FOR RELAY TEAMS
ENTRIES CLOSE: 8pm SUNDAY 5th JUNE 2011 – NO INDIVIDUAL LATE ENTRIES ACCEPTED.
On Site Car Parking Available - \$2 per car – Includes Program

Cross Country
Medals for 1st, 2nd & 3rd,
Ribbons 4th to 8th

Cross Country
Individual and Team
medals for each race

Walks
Medals for 1st, 2nd & 3rd,
Ribbons 4th to 8th

Program of Events		
Event #	Age groups	Distance
1-2	U14 B/G	3000m
3-4	U15 B/G	3000m
5-8	U9 to U10 Walk	1500m
9-10	U13 B/G	3000m
11-12	U12 B/G	2000m
13-14	U11 B/G	2000m
15-22	U14 to Open Walk	2000m
23-24	U8 B/G	1000m
25-26	U9 B/G	1500m
27-28	U10 B/G	1500m
29-30	U7 B/G	1000m
31-36	U11 to U13 Walk	2000m
37-38	U6 B/G	1000m
39-42	U16 to Open	3000m
43-44	U9 - U12 B/G	4 X 1000m Relay
45-46	U13 - U15B/G	3 x 1500m Relay

Something **Different?**

Try a **Cross Country Relay** or **Walk as well!**

There's **Mixed Age** Cross Country Relays for Boys & Girls.

Cross Country: YOU CAN ENTER BOTH AN INDIVIDUAL EVENT AND A RELAY

Walks: YOU CAN ENTER BOTH Cross Country Events & a Walk Event or just the WALK events.

Walk the Course from 9:15am, Marshalling First Event: 9:45am

Notes

1. First Event starts at 10.00am.
2. Open Age athletes must sign a waiver before competing.
3. Relay Races are single sex, either all boys or all girls - not mixed.
4. U6, U7 or U8 are not permitted to run up age groups to fill Relay Race positions.
5. For Relay Teams - There must be an athlete from each age group.
6. Age Group genders maybe combined due to numbers.
7. U9 to U14 age groups can run up to fill vacant positions in relay teams.
8. Relay Teams can be entered up until 11.00am on the day.