

Postal Address:
PO Box 578
Cockatoo Vic 3781



Mountain Road Reserve
Mountain Road
Cockatoo Vic 3781

Melway 311 K3

THE HILLS CHALLENGE CROSS COUNTRY TEAM COMPETITION

SAT AUGUST 7TH 10 AM

Please pre register to assist with our planning and admin

COST: \$2 per athlete – fundraiser for timing gates

Entries from 8.30 am till 9.45, races start at 10 am
Involving 2 events – A short course cross country sprint and a long course cross
country run

SHORT COURSE

Event 1	under 6, 7, 8	1x 340 m
Event 2	under 9, 10, 11	2x 340 m
Event 3	under 12 and up and open	3x 340 m

LONG COURSE

Event 4	under 6, 7	900 m
Event 5	under 8, 9, 10, 11 and open	1500 m
Event 6	under 12 and up and open	3000 m (2x 1500 m)

All runners results go towards the team score

Winning club gets their name on the Hills Cross Country Challenge shield, and receive a replica for their Little Aths Club House. Each athlete will get a certificate with their short and long course results.

Beware: this is a rough and tough cross country course, with steep hills, thick grass, mud and creek crossings – all good cross country fun. QUERIES – WENDY 0413 512 123

Canteen, BBQ and Real Coffee available on the day

PRE REGISTER AT wendytrk@bigpond.com.au OR P.O. Box 169 Emerald, Vic 3782, marked

Hills Challenge **Please pre-register by wed 28th july**