



Bayside Cross Country Open Day

Saturday May 23rd 2009

Brighton, Caulfield, Mentone, Moorabbin, Oakleigh,
Sandringham, South Melbourne & Springvale Little Athletic Centres

- Start Time:** 1st Event 10.00am
- Venue:** Bald Hill Park - Inverness St. Clarinda - Mel. Ref. 78 J4
- Entries to:** Bayside Cross Country
18 Manna Gum Crt, Narre Warren 3805
- Enquiries:** Pam Mulholland 9704 0018 / 0411 097 595
- Entry Fee:** \$6.00 per competitor. **Late Entries after 18th May 2009 \$8.00 per competitor. Late entries (\$8) may also be taken on the day.** No additional charge for team entries.
- Medals:** Medals will be presented to the first 3 individual placegetters and for the first 3 teams in each event.
- Teams:** Any number of competitors may enter each event from a Centre, but the first 3 to finish from the Centre (and in Centre/Club Uniform) becomes that Centre's first team, the second 3 becomes the second team, etc. All team entry athletes must be wearing Club Uniform with registration patch attached or Centre Uniform.
- Condition of Entry:**
1. All registered Little Athletes U/6 to U/15 may compete - standard Little Athletic insurance applies.
 2. The "Open" events are only available to any unregistered person 15 years or over.
 3. No composite teams will be accepted (U6-U15) other than those whereby a competitor from the same Centre steps up one age group only where there are only two entrants from that Centre in the progressed age group. Athletes may not progress into the Open age group.
 5. Entry fees must accompany entry forms. **Cheques made payable to Bayside Cross Country.**
 6. Protests of any kind will not be entertained. No refunds on payments.
- Age:** Age is as at 1st October 2008.
- Uniform, etc:** **Club Uniform with registration patch attached or Centre Uniform** for all Little Athletes wishing to be part of a team. No spikes to be worn in any event re VLAA Competition Regulations.
- Parking:** Available in Inverness St and parking at the park, also other side streets around the park & Springs Rd. Please take note of Parking Restriction signs.
- Facilities:** BBQ, cold drinks, hot drinks and snacks will be available for purchase.
- Program:**

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|--------------|-------|------------------|-------|
| 1. U12 Girls | 2000m | 11. U10 Girls | 1500m |
| 2. U11 Girls | 2000m | 12. U9 Girls | 1500m |
| 3. U8 Girls | 800m | 13. U13 Girls | 3000m |
| 4. U8 Boys | 800m | 14. U13 Boys | 3000m |
| 5. U12 Boys | 2000m | 15. U10 Boys | 1500m |
| 6. U11 Boys | 2000m | 16. U9 Boys | 1500m |
| 7. U7 Girls | 800m | 17. Open Ladies, | |
| 8. U7 Boys | 800m | U14 & U15 Girls | 3000m |
| 9. U6 Boys | 500m | 18. Open Men, | |
| 10. U6 Girls | 500m | U14 & U15 Boys | 3000m |



NOTE: At the discretion of the organisers this program is subject to change due to entry numbers (eg. events/age groups may be combined if numbers allow) and weather conditions.
No refunds unless day is cancelled prior to starting.

| Surname | Given Name | M / F | Age Group | Centre | Fee \$ |
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Address: **Phone Number:**

Email: **CHEQUE** **CASH** **TOTAL \$**