

**WILLIAMSTOWN LITTLE ATHLETICS CENTRE**  
**CROSS COUNTRY 2009 CALENDAR**

The first race starts at 10.00 am please be there at least 15 minutes before the start. Cross Country will be held at Newport Lakes, North Lake. Access is from Johnson Street, Newport (last gate in Johnson Street, near Junction Street) (Melway Map 55 H2) OR gate entry from Bruce Street. Remind your children that this is a great way to keep fit over the winter season and there are three great aspects of Cross Country.

1. It only takes about one and a half hours per week to keep fit.
2. We all have loads of fun.
3. Fees \$17 for children who registered for Little Athletics during the 2008/2009 summer season. \$37.00 for those who didn't register for the summer season (new registrations)

A great way to start off your family weekend, fun for the kids and refreshing for the parents. So come along now and join in the fun while keeping the family fit. The more support we have the easier to run which makes for better fun.

Week 1	04 April	Week 2	11 April
Week 3	18 April	Week 4	25 April
Week 5	02 May	Week 6	9 May
Week 7	16 May	Week 8	23 May
Week 9	30 May	No Cross Country	Queen's Birthday Weekend
Week 10	13 June		

**Sunday 21 June – Regional Cross Country – Geelong**

Week 11	27 June	Week 12	4 July
Week 13	11 July	Week 14	18 July

**Sunday 26 July – State Cross Country – Bundoora Park**

**Saturday 1 August - Presentation Day – Newport Lakes**

<b>Age Groups</b>	<b>Distance</b>
Under 6 – 8	1000 metres
Under 9 – 10	1500 metres
Under 11 – 12	2000 metres
Under 13 – 15	3000 metres

**For further information contact: Tony Fiore 041 753 6419**  
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