



# WOODLANDS & WHITTLESEA DIVISION

**CROSS COUNTRY CHAMPIONSHIPS**

**Wednesday 30th May 2018**

**BUNDOORA PARK**



**Woodlands & WHITTLESEA DIVISION  
CROSS COUNTRY CHAMPIONSHIPS  
BUNDOORA PARK Wednesday 30th May 2018.**

The WOODLANDS & WHITTLESEA DIVISION Cross Country Championships will be conducted at **Bundoora Park on Wednesday 30th May 2018.**  
The Program of events will commence at 10.00am.

The following is the program we will endeavour to keep to & no events will start before the schedule starting time.

<b>EVENTS</b>	<b>DISTANCE</b>	<b>TIME</b>	<b>DIVISION</b>
<b>1. 10 YEARS GIRLS &amp; 9-13 Girls Multi Class</b>	2000M	<b>10.00 am</b>	Whittlesea
2. 10 YEARS BOYS & 9-13 Boys Multi Class	2000M	<b>10.10 am</b>	Woodlands
3. 10 YEARS GIRLS & 9-13 Girls Multi Class	2000M	<b>10.30 am</b>	Woodlands
<b>4. 10 YEARS BOYS &amp; 9-13 Boys Multi Class</b>	2000M	<b>10.40 am</b>	Whittlesea
<b>5. 11 YEARS GIRLS</b>	3000M	<b>11.00 am</b>	Whittlesea
6. 11 YEARS BOYS	3000M	<b>11.10 am</b>	Woodlands
7. 11 YEARS GIRLS	3000M	<b>11.30 am</b>	Woodlands
<b>8 11 YEARS BOYS</b>	3000M	<b>11.40 am</b>	Whittlesea
<b>9. 12/13 YEARS GIRLS</b>	3000M	<b>12.00 pm</b>	Whittlesea
10. 12/13 YEARS BOYS	3000M	<b>12.10 pm</b>	Woodlands
11. 12/13 YEARS GIRLS	3000M	<b>12.30 pm</b>	Woodlands
<b>12. 12/13 YEARS BOYS</b>	3000M	<b>12.50 pm</b>	Whittlesea

**THE FIRST EVENT WILL COMMENCE AT 10:00AM THEREFORE ALL COMPETITORS SHOULD ENSURE THAT  
THEY ARRIVE 30 MINS PRIOR TO THEIR RACE.**

## **PRESENTATIONS:**

On the day of the X-country the first 3 place-getters in each event will receive ribbons, however, the first 10 will represent their Division at the NMR Cross Country Carnival on **Wednesday 20<sup>th</sup> June 2018** at Bundoora Park.

## **PLEASE NOTE:**

- **Transport to this event is the RESPONSIBILITY OF THE INDIVIDUAL Competitor.**
- Suitable attire for weather and running should be worn eg. Footwear must be worn (no spikes), shorts, loose top.
- Athletes will need to bring along a drink, snacks, and warm clothing for when not running etc.
- Bundoora Park located in Plenty Rd, Bundoora. Melways Map 19
- **MEDICATION, THIS IS VITALLY IMPORTANT (asthma and anaphylactic)**

*Please also note to make sure your students know which Division they are competing in. As there are now 2 Divisions running a simultaneous carnival, it is important to marshal at the right times and competitors are in the correct competition.*