

MILDURA & DISTRICT LITTLE ATHLETICS

Cross Country 2019



Mildura & District Little Athletics cross country season commences Sunday 5 May 2019. New members are welcome. Cross country is great for fitness in a relaxed, safe, supervised environment for kids and spectators – and fun, over seven weeks!

TIME		WHEN & WHERE	
1.30pm	Check in	Sunday 5 May	Apex Park (furthest carpark)
1.45pm	Warm up	Sunday 19 May	Lock Island (across gates)
2pm	Start: Div 1 or Div 2/3	Sunday 26 May	Botanic Gardens, NSW
2.45pm	Finish (approx.)	Sunday 2 June	Nowingi Place (Gibbs St off Ranfurly Way)
AGE GROUPS & DISTANCES		Sunday 16 June	Gibbs St, off Ranfurly Way before Pump Hill
U 6 - 8 (Division 1)	1km	Sunday 23 June	Apex Park (Walnut Ave)
U 9 - 12 (Division 2)	2km	Sunday 30 June	Syd Mills Park, includes medal presentation)
U13 -17 (Division 3)	3km	Divisions may be run concurrently, depending on number of athletes	

For existing members from 2018-19 track and field season there is no fee. New members register and pay fee on line at the South Australian Little Athletics webpage:

<<https://salaaportal.cloud5.com.au/SignIn?ReturnUrl=%2F>>; cost is approx \$50 for the winter season, including compulsory insurance. Medals are based on first six weeks for each division.

Note: parents are expected to assist as required

Uniforms are compulsory and will be available for purchase on site (\$42 for shirt or \$40 for singlet, latter optional for under 12 and above), plus plain black shorts. Please bring a hat and water. Medals (gold, silver, bronze, participation - all named) will be presented on conclusion of events on Sunday 30 June 2019. Note there is no cross country held on Mother's Day or the Queen's Birthday weekend.

The State (SA) Cross Country Championships will be held on Sunday 21 July 2019 in Adelaide at a venue TBA. There is no prequalification standard, but registered athletes must have done three Mildura cross country meets to enter.

For more information ring: Steve Erlandsen, President 0427 233 504.