



CROSS COUNTRY 2018

HAVE YOU TRIED CROSS COUNTRY?

COME DOWN AND GIVE IT A GO!

Venue Ballam Park Athletics Centre,
Benanee Drive, Karingal.

When Saturday mornings.
Season starts April 14.

Time Sign-in 8:45am; Events 9:00am.

Duration: Approximately 1 hour for all events to complete.

Course All event courses start in the athletics arena, loop around Ballam Park and finish back in the arena.

Cost \$2.50 per person per event (one event per session).

For further information please visit the Cross Country page on our website xc.flac.com.au

Cross country is a great way for kids (and parents) to keep fit! It provides a great warm up or training run for other sports (football, netball, tennis, soccer etc.) and the opportunity to meet with friends and enjoy a run in the park.

Parents are invited to join in – either running with your child or on your own. You can take it seriously (run for a PB) or simply enjoy a run around Ballam Park with friends. Either way it's fun for the whole family. For parents not running, relax and enjoy a coffee with the paper while the kids enjoy catching up with friends and keeping fit!

Most of all it's a fun, relaxing and friendly atmosphere for parents and children to kick-start the weekend whilst keeping fit at the same time.

All children must be registered with Little Athletics Victoria. Athletes who have registered for the 2017–2018 Track & Field (summer) season are already registered. New comers will need to register via the LAVic website (www.lavic.com.au) — select the “Cross Country” option.



FRANKSTON
LITTLE ATHLETICS
CROSS COUNTRY

Jetstar★

