

ROUND 4: CROSS COUNTRY

SATURDAY 13 JUNE 2015 BUNDOORA PARK

North off Plenty Rd, turn right after entering. Melway Ref 19 F4

THE EVENT

Selection Trial for the Australian Cross Country Championships.

This bumper day of cross country racing incorporates the All Schools Cross Country Championships and also serves as the selection trial for the Australian Cross Country Championships. The open and overage men's race covers 12km of the gruelling slopes of Bundoora Park, while the women's race covers 8km. Juniors race over 3km, 4km or 6km.

TIME	AGE GROUP	EVENT	LAPS
10:00am	Women U14*	3km Cross Country	1 X 3km
10:25am	Men U14*	3km Cross Country	1 X 3km
10:45am	Women U15*	4km Cross Country	2 X 2km
	Women U16*	4km Cross Country	2 X 2km
11:10am	Men U15*	4km Cross Country	2 X 2km
	Men U16*	4km Cross Country	2 X 2km
11:30am	Women U17*	4km Cross Country	2 X 2km
	Women U18*	4km Cross Country	2 X 2km
12:00pm	Men U17*	6km Cross Country	2 X 3km
	Men U18*	6km Cross Country	2 X 3km
12:40pm	Women U20*	6km Cross Country	2 X 3km
1:10pm	Men U20*	8km Cross Country	2 X 4km
1:50pm	Women Open & Masters	8km Cross Country	2 X 4km
2:00pm	Early Starters	For athletes who cannot complete the course within the 75 minute time frame.	12km Cross Country 3 X 4km
2:30pm	Men Open & Masters	12km Cross Country	3 X 4km

*Victorian All Schools Cross Country Championships (see page 34).

ENTRIES CLOSE: WEDNESDAY 10 JUNE 2015, 12PM MIDDAY

For entry fees, online entries details and further race information, please refer to page 36.

PLEASE NOTE:

Junior age groups are to enter the 2015 Victorian All Schools Cross Country Championships (see page 34).

To be eligible for the School Championship athletes must have entered by the closing date (Monday 1 June).

ENQUIRIES:

All enquiries should be directed to xcr@athsvic.org.au or (03) 8646 4500.

RACE SUPPORTER: PARKS VICTORIA



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PLEASE NOTE – NO LATE ENTRIES OR ENTRIES ON THE DAY WILL BE ACCEPTED

