



Preston Reservoir Little Athletics Centre

Cross Country 2011

Welcome to the 2011 Cross Country season. Here are the dates for when Cross Country will be held.

If you are interested, please fill out the bottom section and return it to Michael Grenade (CC Manager). Alternatively you can email Michael on mgrenade@optusnet.com.au.

Cross country will be held at Edwards Lake Park commencing at 9am.

Full PRLAC uniform is to be worn.

Starting date will be on Saturday 30th of April
7 th May
21 st May
4 th June
18 th June
<i>25th June - NMR Cross Country</i> Location: Essendon
<i>3rd July – IGA State Cross Country Championships</i> Location: Ballarat
23 rd July
6 th August
20 th August
3 rd September (<i>Trophies Presentation Day and Registration Day</i>)

** Please note that dates are subject to change

Registration Cost

Registered Athletes - **\$25**

Non-Registered Athletes - **\$65**

Note: If you require any further information do not hesitate to contact Michael Grenade – Ph - 9402 0789

REGISTRATION FORM

Name: _____

Age Group: _____

Cost: _____

Parent Signature: _____

Please note: As usual, parents will be required to assist during the event. This generally involves the marking of the course with traffic cones, a course safety check, starting and timing, course marshalling, packing up and enjoying soup at the end of it. A small job for each, overall.