

Ku-ring-gai Little Athletics Centre
2010 Winter Season
"Family, Fun & Fitness"
www.klac.org.au



Cross Country News Bulletin No. 5 – 18th June 2010

Welcome

State Cross Country Championships Sunday 5th July 2010

Please read the attached flyer regarding these championships. If you have entered please add your name and age group to our list at the canteen on Sunday. Entries close on the **23rd June 2010**. No late entries are accepted on the day.

If you are a Ku-ring-gai athlete and have entered it is important to check your child's **Ku-ring-gai representative centre uniform** (not the regular Saturday uniform) is in good order, make sure it has all the correct numbers from their summer season and ensure everything still fits!

Please contact Margaret Sky 0410 690 272, buffy@skyco.com.au or Fiona Williams 9440 4455 **ASAP** if you have any questions or any uniform requirements. We'd like to be forewarned about sizes needed for purchase to save bringing the multitude of boxes to Bannockburn oval.

Found at Bannockburn on Sunday

An electronic game was handed in on Sunday, if you are the owner or know of someone who has lost this device please email Margaret buffy@skyco.com.au

Course Marshals Still Needed!

In order for our events to run efficiently and ensure competitor safety we require at least 5 volunteer marshals at various points along the course.

Please contact me via email buffy@skyco.com.au if you can assist with the 5 races on any Sunday. You will be able to watch your kids run past from a different part of the course than just the finish line! Having more marshals also helps boost the runner's confidence along the way if they are unsure of where to go. It also keeps it fair, no more cutting corners!

You can marshal for just a couple of races or all 5, any help is appreciated.

Wet Weather Cancellations

Always assume our cross country will be on each Sunday, if the weather has been particularly inclement and the course is too slippery and dangerous there will be an announcement on our KLAC website posted by 2:30pm that Sunday.

If you have not already done so you should request via our web page to receive our winter newsletter that will keep you up to date with weekly results and other developments.

Visit Our Website: <http://www.klac.org.au/>

2010 Winter Cross-Country Season

When and Where

Events will start at 3.15 p.m. every Sunday at Bannockburn oval

Distances - Under 6	525m
Under 7 & 8	825m
Under 9 & 10	1687m
Under 11 to under14	2280m
U15 & U17 and Open	2280m

Charges

Registered Little Athletes	\$10
Unregistered children	\$50

An open event will be held as the last event each week. This event is for Little Athletes who are U15 and over and, at their own risk, parents.
An informal event will be held for younger siblings.

More Information

John McFadden	9440 0290
Margaret Sky	0410690272
buffy@skyco.com.au	



2010 STATE CROSS COUNTRY & ROAD WALKS



Where: Stewart Street, Tuncurry

When: Sunday, 4th July 2010

PROGRAM

CROSS COUNTRY

10.00am	U 7 Boys U	800m	followed by	U 7 Girls	800m
	8 Boys U 9	800m	followed by	U 8 Girls	800m
	Boys U10	1500m	followed by	U 9 Girls	1500m
	Boys U11	1500m	followed by	U10 Girls	1500m
	Boys U12	2000m	followed by	U11 Girls	2000m
	Boys U13	2000m	followed by	U12 Girls	2000m
	Boys U14	3000m	followed by	U13 Girls	3000m
	Boys U15	3000m	followed by	U14 Girls	3000m
	Boys U17	3000m	followed by	U15 Girls	3000m
	Boys	4000m	followed by	U17 Girls	4000m

followed by

ROAD WALKS

	U 9 Boys	1200m	followed by	U 9 Girls	1200m
	U10 Boys	1200m	followed by	U10 Girls	1200m
	U11 Boys	1500m	followed by	U11 Girls	1500m
	U12 Boys	1500m	followed by	U12 Girls	1500m
	U13 Boys	1500m	followed by	U13 Girls	1500m
	U14 Boys	2000m	followed by	U14 Girls	2000m
	U15 Boys	2000m	followed by	U15 Girls	2000m
	U17 Boys	3000m	followed by	U17 Girls	3000m



CONDITIONS OF ENTRIES

1. Entries close **June 23, 2010 at 5pm** (at the Association Office). Online entry via www.laansw.com.au is preferred. If unable to enter online a manual entry and entry fee **MUST** be submitted prior to close of entries. No late entries will be accepted.
2. **UNDER NO CIRCUMSTANCES WILL ENTRIES BE TAKEN ON THE DAY.**
3. An entry fee of \$10 per competitor applies for the day (i.e. not per event)
4. No competitor may compete in more than one (1) age group.
5. **Awards:** Medals for 1st, 2nd, 3rd placegetters, individual and teams.
Teams - each Centre may have as many competitors per event as they wish.
First three (3) per Centre comprise team. One (1) team per Centre per event.
6. **Eligibility:** Team members, to be eligible to compete as such must, with the exception of new registrations, have been members of that Centre as at **May 31**.
Competitors may compete up an age group, one (1) only, to form a team but they must be eligible to compete in the event i.e. in Cross Country must be genuine U7 before competing in U8.
In Road Walks minimum age for competitors is genuine U9.
7. **Uniform:** Full Centre uniform must be worn, including Centre number, registration number and age patch in prescribed locations.

For further information contact the Association Office on 9633 4511.