

# 2009 STATE CROSS COUNTRY & ROAD WALKS



**Where:** Jamison Park, York Rd, Penrith  
 Hosted by Outer West Met Zone  
**When:** Sunday, 5th July 2009

## PROGRAM

### CROSS COUNTRY

10.00am	U 7 Boys	800m	followed by	U 7 Girls	800m
	U 8 Boys	800m	followed by	U 8 Girls	800m
	U 9 Boys	1500m	followed by	U 9 Girls	1500m
	U10 Boys	1500m	followed by	U10 Girls	1500m
	U11 Boys	2000m	followed by	U11 Girls	2000m
	U12 Boys	2000m	followed by	U12 Girls	2000m
	U13 Boys	3000m	followed by	U13 Girls	3000m
	U14 Boys	3000m	followed by	U14 Girls	3000m
	U15 Boys	3000m	followed by	U15 Girls	3000m
	U17 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 can be made online at [laansw.com.au](http://laansw.com.au) or on the day.
2. An entry fee of \$10 per competitor applies for the day (i.e. not per event)
3. No competitor may compete in more than one (1) age group.
4. 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.
5. 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.
6. 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.**