

## **Cross Country Season 2022**

Attention all athletes who are looking to continue being active through the winter months!

Your LAN membership paid for Summer Track & Field will also cover you to run in our Cross Country season which begins on Sunday 1 May 2022. If you know anyone who likes to run and wasn't a member with us this past year, their fees would be \$80. Cross Country registration must be completed through [www.lavic.com.au](http://www.lavic.com.au)

Please note a few of the events will require additional payment/registration and these will be noted on the calendar, which will be released soon.

Make special note of 15 May 2022, as Nunawading will be hosting at BSAT!

Races are generally run at times listed below for the age groups and are run at a different location each week. The centres participating are Box Hill, Camberwell/Malvern, Collingwood, Doncaster, Kew, Nunawading and Ringwood.

9:30am U13, U14, U15 & U16 Distance 3000m

9:45am U11 & U12 Distance 2000m

10:00am U6 Distance 500m

10:15am U9 & U10 Distance 1500m

10:30am U7 & U8 Distance 1000m

Uniform requirements remain the same as the 'summer season'. Refer to our website for details under 'Member Info'.

The calendar of dates and locations can be found on the reverse side of this page and will be posted on Team App and our website soon.

Have more questions? Send them to: [secretary@lan.asn.au](mailto:secretary@lan.asn.au)

Go Nuna!

## Eastern 7's Cross Country Calendar 2022

### MAY 2022

Day	Date	Location	Host	Address
Sunday	1	Gardiners Creek	Box Hill	Holland Av (Deakin Uni), Burwood
Saturday	7	Bundoora Park	Diamond Valley	TBC
Sunday	8	Mothers Day - No Race		
Sunday	15	Bill Sewart Athletic Track	Nunawading	330 Burwood Hwy, Burwood
Sunday	22	Orchard Grove	Camberwell-Malvern Sth	Blackburn Rd, Blackburn
Sunday	29	Box Hill Open Day - Wattle Park	Box Hill	Monsbough Rd, Surrey Hills

### JUNE 2022

<i>Saturday</i>	<i>4</i>	<i>State Cross Country Relay Championship</i>	<i>Cruden Farm</i>	
Sunday	5	AC Robertson Field Ringwood Athletics Track	Ringwood	Sylvia Grove, Ringwood
Saturday	11	Bundoora Park	Diamond Valley	Queens Birthday Weekend
Sunday	19	Stradbroke Park	Kew	Lower oval, Burke Rd Cnr Harp Rd, Kew East
Sunday	26	Tom Kelly Athletics Track	Collingwood	George Street, Doncaster East

### JULY 2022

Sunday	3			School Holidays
Sunday	10	Ruffy Park, Doncaster	Doncaster	The Boulevard Adventure Playground Doncaster
<i>Saturday</i>	<i>16</i>	<i>EMR Cross Country Carnivals - Jells Park note - Individual entry required.</i>	<i>All EMR Centres</i>	<i>Knox</i>
Sunday	24	AC Robertson Field Ringwood Athletics Track	Ringwood	Sylvia Grove, Ringwood
Sunday	31	Ruffy Park, Doncaster	Doncaster	The Boulevard Adventure Playground Doncaster

### AUGUST 2022

<i>Saturday</i>	<i>6</i>	<i>State Cross Country Championship</i>	<i>Lake Dewar</i>	
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