



XCR'09

Cross Country & Road Racing

Series Entry Form



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Lardner Park Cross Country

SATURDAY MAY 9, Start Time: 1pm

Lardner Park, Warragul (Melway Ref: 2D E5)

Cross country on a spectacular course in Warragul. This event also acts as the Victorian Country Championship and the Victorian Masters Championship.

MEN: OPEN – 8km, U20 – 4km, U18 – 4km, U16 – 3km, U14 – 2km

WOMEN: OPEN – 6km, U20 – 3km, U18 – 3km, U16 – 3km, U14 – 2km

Skins Sandown Classic Road Race

SATURDAY MAY 30, Start Time: 1pm

Sandown Racecourse, Springvale (Melway Ref: 80 C10)

Australia's fastest 10km fun run at Sandown Racecourse, Springvale. The perfect opportunity to run a PB in what is acknowledged as Australia's highest quality 10km race. Juniors compete in a 3km one lap dash around the racecourse.

MEN: OPEN – 10km, U20 – 10km, U18 – 10km, U16 – 3km, U14 – 3km

WOMEN: OPEN – 10km, U20 – 3km, U18 – 3km, U16 – 3km, U14 – 3km

Lake Wendouree Road Race

SATURDAY JUNE 20, Start Time: 1pm

St Patrick's Point, Lake Wendouree, Ballarat

A new event on the calendar based around the traditional home of Ballarat distance running - Lake Wendouree. There's also a 5km option for juniors.

MEN: OPEN – 15km, U20 – 5km, U18 – 5km, U16 – 5km, U14 – 5km

WOMEN: OPEN – 15km, U20 – 5km, U18 – 5km, U16 – 5km, U14 – 5km

Bundoora Park Cross Country

SATURDAY JULY 18, Start Time: 10am

Bundoora Park, Bundoora (Melway Ref: 19 F4)

A huge festival of cross country racing, incorporating the Victorian All Schools Cross Country Championships as well as selection trials for the Australian Cross Country Championships.

MEN: OPEN – 12km, U20 – 8km, U18/U16/U14 – All Schools Championships

WOMEN: OPEN – 8km, U20 – 6km, U18/U16/U14 – All Schools Championships

Geelong Cross Country

SATURDAY AUGUST 1, Start Time: 1pm

Eastern Park, Geelong (Melway Ref: 452 F5)

A big day of cross country, over a variety of distances. Incorporating the traditional men's Victorian 10 mile (16km) Cross Country Championship, run continuously since the 1890s.

MEN: OPEN – 16km, U20 – 6km, U18 – 8km, U16 – 6km, U14 – 4km

WOMEN: OPEN – 4km, U20 – 4km, U18 – 6km, U16 – 6km, U14 – 4km

Advanced Freight Burnley Half Marathon

SUNDAY SEPTEMBER 6, Start Time: 8am

Yarra Boulevard, Burnley (Melway Ref: 59 B1)

One of Australia's fastest half marathons run along the scenic Yarra Boulevard – the perfect opportunity to run a half marathon PB.

The Athletics Victoria XCR'09 is a series of 10 events including road, cross country and relay races over distances varying from 2km to 21km. Individual runners may compete in any events of their choosing, and everyone is encouraged to participate.

The series also consists of a team competition, in which clubs compete throughout the series for the Premiership in a variety of divisions. Each runner, regardless of their ability, scores points for their club.

Road Races

Athletics Victoria Road Races are designed to be fast.

These courses not only suit the elite, but also runners of all ability in pursuit of PBs. Rub shoulders with Australia's best on the start line, then chat about your performances at the end of the race.

Cross Country

Cross Country is Extreme Running – it's tough, hilly and muddy. If you haven't raced cross country before you don't know what you're missing! Each cross country event consists of a number of separate races throughout the afternoon. The distance depends on which category you enter.

Relay Events

 (SEPARATE ENTRY FORM, SEE WWW.ATHSVIC.ORG.AU)

Relay events are quite a spectacle. All teams in all divisions start the race at the same time and runners are usually supported by a lot of noisy barracking.

Relay events are a great excuse to join an athletics club so you can join in the camaraderie that comes from competing with (and not just against) your fellow runners.

Team Competition

The heart of the Athletics Victoria XCR'09 Series is the team competition. Teams are graded according to ability and compete over the 10 events to ultimately secure the XCR'09 Premiership. There are seven open men divisions, four open women divisions, multiple over age divisions, and junior divisions. While the running in the lower grades may not be as quick, the competition is just as fierce, and just as much fun is had.

In relay events, team score premiership points based on how they place against other teams in their division.

In other events, each runner's placing is added up to determine the team score – this is then compared with the score of others teams in the division. Every runner – regardless of ability – counts towards the club's result. Sometimes, premierships can be won or lost depending on the performance of a club's last runner across the line.

Entry

Entry to all events is \$20 on the day for open age, \$15 for under 20 and under 18, \$10 for under 16 and under 14. Everyone can enter, and there is no need to be a club member or Athletics Victoria member. All standards are welcomed, from beginner, to elite.

Athletics Victoria members who register through their clubs at least a week prior to each event will pay just \$15 per event (open age), \$10 (U20/ U18), \$5 (U16/U14). Discount season entries are available.

Athletics Victoria doesn't provide show bags full of sponsors' flyers, or cheap cotton T-shirts. What we do provide is accurate courses and good competition. Costs are kept to a minimum and you can rest assured that all events are organized and manned by experienced runners.

XCR'09 Series Entry Form



Season Entry **OR** Individual Race Entry

FOR RELAY EVENTS COMPLETE THE RELAY ENTRY FORM WHICH CAN BE DOWNLOADED FROM WWW.ATHSVIC.ORG.AU

Your Details

Family Name Given Name(s)

Address Postcode

Phone Mobile

Email

Gender Male Female Date of Birth / /

Athletics Club AV Bib Number

Date of issue April 1, 2009
Event Code: 09VICXCR

Entry Fees & Age Groups

ATHLETICS VICTORIA MEMBERS
(Club Athletes Registered with an AV Club)

AGE GROUP	INDIVIDUAL EVENT	INDIVIDUAL EVENT	SEASON ENTRY	AGE ELIGIBILITY	YEAR OF BIRTH
Open	\$20	\$15	\$55 (6 events)	Athletes of ALL ages	
Under 20	\$15	\$10	\$40 (5 events)	Athletes aged under 20 as at 31 December 2009	1990,1991
Under 18	\$15	\$10	\$30 (4 events)	Athletes aged under 18 as at 31 December 2009	1992,1993
Under 16	\$10	\$5	\$15 (4 events)	Athletes aged under 16 as at 31 December 2009	1994,1995
Under 14	\$10	\$5	\$15 (4 events)	Athletes aged under 14 as at 31 December 2009	1996,1997

Event Entry Details

	AGE GROUP	ENTRY FEE	
Season Entry (Athletics Victoria Members Only)	<input type="text"/>	\$ <input type="text"/>	
	AGE GROUP	DISTANCE	ENTRY FEE
Lardner Park Cross Country SATURDAY MAY 9 (Closing Date: May 4)	<input type="text"/>	km	\$ <input type="text"/>
Skins Sandown Classic Road Race SATURDAY MAY 30 (Closing Date: May 25)	<input type="text"/>	km	\$ <input type="text"/>
Lake Wendouree Road Race SATURDAY JUNE 20 (Closing Date: June 15)	<input type="text"/>	km	\$ <input type="text"/>
Bundoora Park Cross Country* (see note) SATURDAY JULY 18 (Closing Date: July 13)	<input type="text"/>		
Geelong Cross Country SATURDAY AUGUST 1 (Closing Date: July 27)	<input type="text"/>	km	\$ <input type="text"/>
Advanced Freight Burnley Half Marathon SUNDAY SEPTEMBER 6 (Closing Date: August 31)	Open	21km	\$ <input type="text"/>

*Note: Bundoora Park Cross Country event - Open & U20 athletes only.
Junior age groups to enter this event via the Vic All Schools Cross Country Championships entry form. Contact AV with any queries.

Total Cost (GST inclusive) \$

TAX INVOICE (ABN 47 382 664 821)

Entries must be received with **full payment**

Fax, mail or deliver entries with payment to:

ATHLETICS VICTORIA
OLYMPIC PARK, OLYMPIC BLVD,
MELBOURNE VIC 3004
FAX: (03) 9427 9183

CREDIT CARD PAYMENT (MASTERCARD & VISA ONLY):

<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	
Cardholder Name <input type="text"/>				Cardholder Signature <input type="text"/>				Expiry Date MM / YY <input type="text"/>



Join a Club!

Joining an athletics club offers many benefits. These may include access to coaching, group training, sporting facilities, insurance, social activities and the opportunity to compete in winter and summer club competition. But the biggest benefit of joining a club is that you get to experience that support and camaraderie that comes from training and competing with your fellow club members.

All clubs are different – it is worthwhile investigating a couple of clubs before making your final choice.

www.athsvic.org.au