



CROSS COUNTRY 2019

LITTLE ATHLETICS ISN'T OVER...

WHY DO CROSS COUNTRY?

- > Time friendly. Starts at 9:00am, finishes by 10:00am
- > Fun for the whole family. Parents can join in and either run with their child/children or for their own PB
- > Kids keep fit and stay in touch with their friends from Little Athletics
- > Good warm-up or training run for other sports
- > Fun, relaxed atmosphere that kick-starts the weekend.

The cross country season commences on April 6 and is held at Ballam Park Athletics Track on Saturday mornings from 9:00am to 10:00am — registrations and warm-up from 8:45am.

Entry fee is \$2.50 per competitor — for both registered athletes and parents (yes, parents can join in!). Registered athletes should bring their chest patch (barcode) if they have one.

Come down and enjoy the fun of keeping fit with your friends in a great family atmosphere.

For parents not running, relax and enjoy a coffee with the paper while the kids enjoy catching up with friends and keeping fit!

COME DOWN AND GIVE IT A GO!



FRANKSTON
LITTLE ATHLETICS
CROSS COUNTRY

Jetstar★





CROSS COUNTRY 2019

HAVE YOU TRIED CROSS COUNTRY?

COME DOWN AND GIVE IT A GO!

Venue Ballam Park Athletics Centre.
Benanee Drive, Karingal.

When Saturday mornings.
Season starts April 6.

Time Sign-in 8:45am; Events 9:00am.

Duration: Approximately 1 hour for all events to complete.

Course All event courses start in the athletics arena, loop around Ballam Park and finish back in the arena.

Cost \$2.50 per person per event (one event per session).

For further information please visit the Cross Country page on our website xc.flac.com.au

Cross country is a great way for kids (and parents) to keep fit! It provides a great warm up or training run for other sports (football, netball, tennis, soccer etc.) and the opportunity to meet with friends and enjoy a run in the park.

Parents are invited to join in – either running with your child or on your own. You can take it seriously (run for a PB) or simply enjoy a run around Ballam Park with friends. Either way it's fun for the whole family. For parents not running, relax and enjoy a coffee with the paper while the kids enjoy catching up with friends and keeping fit!

Most of all it's a fun, relaxing and friendly atmosphere for parents and children to kick-start the weekend whilst keeping fit at the same time.

All children must be registered with Little Athletics Victoria. Athletes who have registered for the 2018–2019 Track & Field (summer) season are already registered. New comers will need to register via the LAVic website (www.lavic.com.au) — select the “Cross Country” option.



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