

# Bayside Cross Country 2023 - DRAFT



## 2023 Calendar

Date	Event / Program	Venue	Centre on Duty
29 April	Event 1 - Normal Program	Bald Hill Park	Caulfield
06 May	Event 2 - Normal Program	Braeside Park	Sandringham
13 May	Event 3 - Normal Program (AV road relays)	Westgate Park <i>No U6 race</i>	South Melbourne
20 May	Event 4 - Normal Program (AV XC relays)	Bald Hill Park	Springvale/Oakleigh
27 May	Event 5 - Normal Program	Hampton Foreshore <i>No U6 race</i>	Brighton/Moorabbin
03 June	Event 6 - Normal Program	Braeside Park	Mentone
10 June	Queen's Birthday Public Holiday BREAK		
17 June	Event 7 - Normal Program	Bald Hill Park	Sandringham
24 June	LAVic State Cross Country RELAY Championships	Cruden Farm <i>U9+ Athletes</i>	
01 July	WINTER BREAK		
08 July	Event 8 - Normal Program	Westgate Park <i>No U6 race</i>	South Melbourne
15 July	Event 9 - Normal Program	Hampton Foreshore <i>No U6 race</i>	Brighton/Moorabbin
22 July	Event 10 - Bayside XC Seeded - Special Program	Braeside Park	Caulfield/Springvale
29 July	SMR Region Cross Country Championships (Brighton, Caulfield, Mentone, Moorabbin, Oakleigh, Sandringham, Springvale)  WMR Region Cross Country Championships (South Melbourne)	TBC <i>U9+ Athletes</i>	
05 Aug	Event 11 - Bayside XC Championship - Special Program	Bald Hill Park	Mentone/Oakleigh
12 Aug	LAVic State Cross Country Championships	Lake Dewar, Myrning <i>U9+ Athletes</i>	
19 Aug	Bayside XC Presentation Night	Duncan MacKinnon Club Rooms	

Order of Events for Normal Program		Approx. Start Time
U6 ( <i>Bald Hill/ Braeside Park ONLY</i> )	500m (1 lap modified blue course)	8:30am
U7 to U8	1000m (1 lap of blue course)	8:30am
U11 to U12	2000m (2 laps of blue course)	8:40am
U9 to U10	1500m (1 lap of red course)	8:50am
U13 to U16	3000m (2 laps of red course)	9.15am

Walk the course from 8.10am – 8:25am