

Illawarra Blue Stars Athletic Club Incorp
CROSS COUNTRY WINTER PROGRAM 2010
10.00 am start all rounds

Enquires: Valmai Loomes 42628498 Sue and Troy Sundstrom 46841792 Melanie Foster 42729351

| ROUND | DATE | VENUE | DISTANCES |
|-------|-----------|--|----------------------|
| 1 | 11 April | CROSS COUNTRY | Stuart Park 5k 2k 1k |
| 2 | 18 April | CROSS COUNTRY | Bulli 4k 2k 1k |
| | 24 April | ANSW Novice Cross Country | Ramsgate |
| 3 | 25 April | IBS Road Relay Cross County | West Dapto 1k |
| | 01 May | ANSW Sydney 10 | SOPAC |
| 4 | 2 May | CROSS COUNTRY | Minamurra 4k 2k 1k |
| 5 | 9 May | CROSS COUNTRY | Albion Park 4k 2k 1k |
| 6 | 16 May | CROSS COUNTRY | Port Kembla 4k 2k 1k |
| | 23 May | ANSW Team Walks | Penrith |
| | 23 May | <i>Winter Track & Field – Series 1</i> | Beaton Park |
| | 29 May | ANSW Cross Country Relays | Miranda |
| 7 | 06 June | King of the Mountain Cross Country Day | Mt Kembla 5k 2k |
| 8 | 13 June | CROSS COUNTRY | Killalea 4k 2k 1k |
| | 19 June | ANSW Cross Country Championships | Nowra |
| | 27 June | ANSW Short Walks | Narellan |
| | 27 June | <i>Winter Track & Field – Series 2</i> | Beaton Park |
| 9 | 04 July | CROSS COUNTRY | Bulli 4k 2k 1k |
| | 10 July | ANSW Road Relays | Wollongong |
| | 17 July | ANSW Short Course Cross Country | Rydalmere |
| 10 | 18 July | CROSS COUNTRY | West Dapto 5k 2k 1k |
| | 25 July | ANSW Long Walks | Penrith |
| | 25 July | <i>Winter Track & Field – Series 3</i> | Beaton Park |
| 11 | 01 August | CROSS COUNTRY | Killalea 4k 2k 1k |
| 12 | 08 August | Handicap Sprint Cross Country | Stuart Park 2k |
| | 15 August | Cross Country Presentation Day | TBA |
| | 22 August | <i>Winter Track & Field – Series 4</i> | Beaton Park |

VENUE MEETING POINTS

Stuart Park - Grassed area just north of the North Wollongong Surf Club
Bulli - On cycleway at the beach opposite Bulli soccer field
West Dapto - Cnr Shaeffes Road and Paynes Road, West Dapto
Minamurra - John Oates Reserve, Charles Avenue off Federal St at golf course
Albion Park - Croome Road Sporting Complex at the athletics track carpark
Port Kembla - King George V Oval between oval & soccer field
Mt Kembla - Mt Kembla Lookout, Upper Cordeaux Road, Mount Kembla
Killalea - Shell Cove, Shellharbour. First turn left inside reserve

POINTSCORE

Long Course - 4km+
Short Course - 2km
Kids Run - 1km for children 12 years and under
Special Events - Specific awards for Road Relay, King of the Mountain Challenge and Handicap Sprint



FEES: \$1.00 per person or \$5.00 per family for all Cross Country meets.
Winter Series – entry fee to Beaton Park only – no competition fee.