



**THE ATHLETE'S FOOT
GEELONG ATHLETICS INC.
CROSS COUNTRY CHAMPIONSHIPS**

Saturday 15th August, 2009

NB - Different start & course for 2009 due to a clash with a cycling event. Much of Eastern Gardens will be closed from 11am - 4pm.

**Start and Finish at the Toilet Block closest to Geelong High School.
Enter Holt Rd from Ryrie St & take 1st left. See maps next page.**

**U16 Girls / U20 Girls / U16 Boys - 3 km. (2pm Start)
Junior Ages taken as at 31st December 2009**

Senior Women & Men / U18 & U20 Men - 6 km. (2:30 pm Start)

Entry Fee - \$3.00

Registrations taken from 1:00 pm. Invitation runners welcome.

Note: To be eligible for placings / medals / trophies in "The Athlete's Foot" Geelong XC Championships, athletes need to be registered with a senior local club or running "Second Claim" for the Geelong Region Cross - Country Team before the gun sounds. Unregistered athletes will be able to run 'invitation' but will not be considered in the Championship placings / medals.

