



SEAFORD LAC CROSS COUNTRY 2019 SEASON CALENDAR

Note - Subject to change **INTERCLUB** weeks first race starts 9am sharp
Check Facebook & weekly email for event updates
Interclub venue is Seaford North Primary School

SATURDAY	4 May	Welcome - Nominated Times Relay teams
SATURDAY	11 May	Interclub A XC (Round 1 Frankston/Seaford challenge @ Seaford) *race walks
SATURDAY	18 May	Interclub B XC *race walks
SATURDAY	25 May	Interclub C XC *No walks
SATURDAY	1 June	<i>LA Vic XC Relays Cruden Farm</i>
SATURDAY	8 June	No XC
SATURDAY	15 June	SEAFORD XC & WALKS OPEN DAY
SATURDAY	22 June	<i>LA VIC SM Region XC venue TBA</i>
SATURDAY	29 June	No XC
SATURDAY	6 July	<i>LA VIC Road Relays @ Sand down racecourse team event</i>
SATURDAY	13 July	Interclub A XC *race walks
SATURDAY	20 July	Interclub B XC *race walks
SATURDAY	27 July	Interclub C XC (Round 2 Frankston/Seaford Challenge @ Frankston) (points)
SATURDAY	3 August	<i>LA VIC XC State @Lake Dewar</i>
SATURDAY	10 August	Interclub A XC *race walks
SATURDAY	17 August	Interclub @ Berwick Challenge Points @ Edwin Flack Reserve
SATURDAY	24 August	Road Race Walks (points) & Nominated times challenge
SATURDAY	31 August	Handicap & Presentation day
		XC 8 Interclubs where points are allocated
		6 Race walks where points are allocated
SUNDAY	24-11-19	Seaford Wetlands Fun Run