



**Illawarra Blue Stars
Athletic Club Inc**

**2013
CROSS COUNTRY WINTER PROGRAM
and
WINTER TRACK & FIELD SERIES**

10.00 am starts



Enquiries:

Valmai Loomes: 4262 8498 or Sue Sundstrom: 4684 1742

**Cross Country Organiser:
Melanie Foster**

| Round | Date | Event | Venue |
|-------|----------|--|-------------------------------|
| | 20 April | ANSW Novice Cross Country | Ramsgate |
| 1 | 21 April | IBS CROSS COUNTRY | Bulli |
| 2 | 28 April | IBS CROSS COUNTRY | North Wollongong |
| | 04 May | ANSW Road Championships | Sydney Olympic Park, Homebush |
| 3 | 05 May | IBS CROSS COUNTRY – Hounds & Hares | Kembla Heights |
| 4 | 19 May | IBS CROSS COUNTRY | Minnamurra |
| | 25 May | Nowra Athletic Club Invitational Meet | Willandra, Cambewarra |
| | 26 May | ANSW Team Walks | Narellan |
| | 26 May | IBS Winter Track & Field – Series 1 | Beaton Park |
| | 01 June | ANSW Cross Country Relays | Miranda |
| 5 | 09 June | IBS CROSS COUNTRY – Road Relay Day | Dombarton |
| 6 | 16 June | IBS CROSS COUNTRY | Blackbutt Reserve |
| | 22 June | ANSW Cross Country Championships | Cambewarra |
| | 23 June | IBS Winter Track & Field – Series 2 | Beaton Park |
| | 23 June | ANSW Short Walks Championships | Penrith Lakes Regatta Centre |
| 7 | 30 June | IBS CROSS COUNTRY – King of the Mountain | Mt Kembla |
| 8 | 07 July | IBS CROSS COUNTRY – Predicted Times | Bulli |
| | 13 July | ANSW Road Relays | Ourimbah |
| 9 | 14 July | IBS CROSS COUNTRY – Trail Criterium | Albion Park |
| 10 | 21 July | IBS CROSS COUNTRY | Minnamurra |
| | 28 July | IBS Winter Track & Field – Series 3 | Beaton Park |
| | 28 July | ANSW Long Walks Championships | Narellan |
| | 03 Aug | ANSW Short Course Cross Country | Rydalmere |
| 11 | 04 Aug | IBS CROSS COUNTRY | North Wollongong |
| 12 | 11 Aug | IBS CROSS COUNTRY – Handicap | Bulli |
| 13 | 18 Aug | IBS CROSS COUNTRY & Presentation | Helensburgh |
| | 25 Aug | IBS Winter Track & Field – Series 4 | Beaton Park |
| | 08 Sept | ANSW Half Marathon Championships | Bankstown |
| | 22 Sept | ANSW Marathon Championships | Sydney |

Refer to back page for Cross Country Venues/Meeting Points

Winter Track & Field Series

Every **FOURTH** Sunday of Each Month

Commencing Sunday 26 May 2013
at 10.00 am

| SERIES 1 | SERIES 2 | SERIES 3 | SERIES 4 |
|-------------------------------|---------------------|---------------------|-----------------------|
| 26 May 2013 | 23 June 2013 | 28 July 2013 | 25 August 2013 |
| 60 metres | 60 metres | 80 metres | 100 metres |
| 150 metres | 120 metres | 200 metres | 400 metres |
| 300 metres | 600 metres | 1 Mile | 2 km |
| 1500 metres | Steeplechase | Javelin | Hammer for all ages |
| Shot | Discus | Walk | |
| Walk | Walk | Triple Jump | Long Jump |
| Long Jump | High Jump | 4 x 100m Relay | Walk |
| Swedish Relay if time permits | Medley Relay | | |

Entry fee for Winter Series

Entry through Beaton Park Athletic Centre only - no competition fee

All events in age brackets from under 8 right through to Masters Men & Women

If time permits, additional events will be conducted

Cross Country Venues/Meeting Points

| | |
|--------------------------|---|
| North Wollongong | On the grass 50m north of North Wollongong Surf Lifesaving Club |
| Kembla Heights | Stafford's Farm Trail, Harry Graham Drive, near the Motor Cross Track |
| Bulli | Opposite Bulli Park, Trinity Row |
| Dombarton | Corner of Sheaffes and Paynes Roads, Dapto |
| Mt Kembla | Mt Kembla Lookout, upper Cordeaux Road |
| Minnamurra | John Oates Reserve car park, Charles Avenue |
| Albion Park Rail | At John O'Dwyer Oval in Croom Sporting Complex, Croome Road |
| Blackbutt Reserve | Car park at the end of Blackbutt Way, Barrack Heights |
| Helensburgh | Waratah Street, Helensburgh near the Sports & Social Club |

FEES: \$1.00 per person or \$5.00 per family for all Cross Country meets.

Prime Special Events: Include awards or prizes

- Road Relay Day** Run over the 1km out and back course, teams are balanced out to ensure everyone a chance of leaving with more than a big grin.
- King of the Mountain** The premier event of the program sees racing over a challenging course and attracts a great prize pool for the winners and anyone who competes.
- Handicap** A short handicap race where anyone has a chance to take home a Handy Cup!

Mini Special Events: May or may not include prizes

- Predicted Times** See if you can guess how fast you can run, no watches allowed!
- Hounds and Hares** With a head start let us see how many hares can beat the hounds home.
- Trail Criterium** Test your endurance with laps of a beautiful, twisty, super fun course. Set a benchmark for next year!