

DIVISION ONE

CROSS COUNTRY 2019

Commences Saturday 4th May – Finishes Saturday 10th August 2019

| | | | |
|--|-----------------|-------------------------------|--|
| 8:30am | Saturday | 4th May | Essendon |
| 9:00am | Saturday | 11 th May | Essendon |
| 9:00am | Saturday | 18 th May | Keilor |
| 9:00am | Saturday | 25 th May | Sunbury |
| 9:00am | Saturday | 1 st June | Coburg |
| State Cross Country Relay Event Cruden Farm, Langwarrin | | | |
| 10:00am | Saturday | 8th June | Division One Open Day at Essendon |
| 10:00am | Saturday | 15th June | Sunbury Open Day |
| 10:00am | Saturday | 22nd June | Region Cross Country at Essendon |
| 9:00am | Saturday | 29 th June | Coburg |
| 9:00am | Saturday | 6 th July | Essendon |
| State Road Relays Sandown Racecourse | | | |
| 9:00am | Saturday | 13 th July | Essendon |
| 10:00am | Saturday | 20th July | Essendon Open Day |
| | Saturday | 27th July | LAVic Centrefest No Competition |
| | Saturday | 3rd August | State Cross Country Lake Dewar, Myrning |
| 9:00am | Saturday | 10th August | Super Handicap & Presentation Day at Essendon |

Distances

| | | |
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| U6 | Boys & Girls | 500m |
| U7-8 | Boys & Girls | 1000m |
| U9-10 | Boys & Girls | 1500m |
| U11-12 | Boys & Girls | 2000m |
| U13-16 | Boys & Girls | 3000m |

Venues

| | |
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| Coburg | Harold Stevens Athletics Track, Outlook Road |
| Essendon | Moonee Valley Athletics Track, Corio Street |
| Sunbury | Jackson Street Reserve, Jackson Street |
| Keilor | Keilor Park Recreation Reserve, Stadium Drive |