



**Illawarra Blue Stars
Athletic Club Inc**

**2012
CROSS COUNTRY WINTER PROGRAM
and
WINTER TRACK & FIELD SERIES**

10.00 am starts



Enquiries:

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**Cross Country Organiser:
Melanie Foster**

Round	Date	Event	Venue
1	22 April	IBS CROSS COUNTRY	North Wollongong
	28 April	<i>ANSW Novice Cross Country</i>	Ramsgate
2	29 April	IBS CROSS COUNTRY & Family Picnic Day	Cordeaux Dam
	06 May	<i>ANSW Road Championships</i>	Sydney Olympic Park, Homebush
3	06 May	IBS CROSS COUNTRY	Bulli
	12 May	Possible South Coast Cross Country Meet & Greet*	Nowra *To be confirmed
	13 May	<i>Mothers' Day Fun Run</i>	Wollongong
4	20 May	IBS CROSS COUNTRY – Road Relay Day	Dombarton
	27 May	IBS Winter Track & Field – Series 1	Beaton Park
	02 June	<i>ANSW Cross Country Relays</i>	Miranda
5	10 June	IBS CROSS COUNTRY – King of the Mountain	Mt Kembla
6	17 June	IBS CROSS COUNTRY – Predicted Times	North Wollongong
	23 June	<i>ANSW Cross Country Championships</i>	Cambewarra
	24 June	IBS Winter Track & Field – Series 2	Beaton Park
	24 June	<i>ANSW Short Walks Championships</i>	Narellan
7	01 July	IBS CROSS COUNTRY	Minnamurra
	07 July	<i>ANSW Road Relays</i>	Ourimbah
	14 July	<i>ANSW Short Course Cross Country</i>	Rydalmere
8	15 July	IBS CROSS COUNTRY – Hounds & Hares	Kembla Heights
	22 July	IBS Winter Track & Field – Series 3	Beaton Park
	22 July	<i>ANSW Long Walks Championships</i>	Penrith Lakes Regatta Centre
9	29 July	IBS CROSS COUNTRY – Trail Criterium	Albion Park Rail
10	05 Aug	IBS CROSS COUNTRY	Blackbutt Reserve
11	12 Aug	IBS CROSS COUNTRY – Handicap	Bulli
12	19 Aug	IBS CROSS COUNTRY	Helensburgh
	26 Aug	IBS Winter Track & Field – Series 4	Beaton Park
	26 Aug	<i>ANSW Half Marathon Championships</i>	Bankstown
	07 Sept	IBS CROSS COUNTRY – Presentation & Fun Run	Mt Keira

Refer to back page for Cross Country Venues/Meeting Points

Winter Track & Field Series

Every **FOURTH** Sunday of Each Month

Commencing Sunday 27 May 2012
at 10.00 am

SERIES 1	SERIES 2	SERIES 3	SERIES 4
27 May 2012	24 June 2012	22 July 2012	26 August 2012
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

Illawarra All Schools and Youth Championships
TBA
Watch website for date

Cross Country Venues/Meeting Points

North Wollongong	On the grass 50m north of North Wollongong Surf Lifesaving Club
Cordeaux Dam	Cordeaux Dam picnic grounds, Picton Road
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 carpark, Charles Avenue
Albion Park Rail	At John O'Dwyer Oval in Croom Sporting Complex, Croome Road
Blackbutt Reserve	Carpark at the end of Blackbutt Way, Shellharbour
Helensburgh	To be announced (or ask James Baker!)

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

- Family Picnic Day** Bring family and friends along with your picnic basket for this great social get together
- 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!