

WINTER CROSS COUNTRY AT FOXGLOVE IN 2017

We are pleased to announce ND Lac will launch its 5th winter cross country season at Foxglove Oval on **Sunday, 30 April 2017**. The season will run for 9 weeks and conclude with handicap races and a presentation of awards on 25 June 2017.

This series will provide ND Lac athletes with a convenient, local, spectator-friendly venue to train and prepare for the Combined **LANSW/ANSW Cross Country Championships** (this year at Upjohn Park, Rydalmere on 2 July for U7-17s) and for the schools' representative cross country season. It will also provide a meeting point for parents to organise possible team entries for the LANSW State XC and separate Road Walking Championships (U9-17s) at International Regatta Centre, Penrith on 25 June.

Several courses have been set within the familiar Foxglove precinct. The weekly **program** will generally run as follows:

- 4:00pm: 2000m (U11s & U12s) and 3000m (U13s to U17s & open);
- 4:25pm: 500m (U6s, including Tiny Tots);
- 4:35pm: 800m (U7s & U8s) and 1500m (U9s & U10s).

Athletes remain in the same **age groups** as the just completed 2016-17 summer season. While winter season awards will be based on athletes' achievements in the designated distance for their age group, athletes may choose to compete in other distances and/or more than once per week to complement their training program for the schools' representative XC season. Note that the 500m race is reserved exclusively for U6s & Tiny Tots and these athletes may not compete in other distances.



There are NO COSTS for athletes already **registered** for the 2016-17 season with either ND Lac, another LA centre, or a senior athletics club. Interested athletes who are **not currently registered** may pay \$50 to join ND Lac for the winter season (proof of age required) and be covered by LANSW insurance. Registered U7-17s are also eligible to enter the 2017 LANSW XC Championships.

Uniforms may be worn but are not compulsory for this series. However, the complete ND Lac uniform together with registration number, age patch, and Jetstar logo must be worn at the LANSW XC Championships in July.

As always with Little As' events, we would appreciate some **assistance from parents** each week to help set up, act as course marshals, process the finishers and pack up equipment afterwards. Thank you in advance.

Parking within the grounds may be difficult if there are soccer matches still in progress. However, it would be appreciated if families would NOT park on the western side of Lancelot Street where Course C is set. Please park on the eastern side or on Foxglove Road.

Cancellations for any reason will be notified on our website (ndlac.org.au) and Facebook page.

Families are requested to arrive a little earlier (around 3pm) in the **first week** to finalise their registrations and payments (if applicable) and to familiarise themselves with the courses.

For more **information** please contact Janelle 0414 862 311, Gail 0407 274 802 or Andrew or email us registrar@ndlac.org.au

