



Summer Program 2008/2009

Senior Division: 8:30am; Intermediate Division: 9:00am;

Junior (Little Athletes) Division: 9:15am

Race Fee: \$3

Date

Sunday 12th October 2008
Sunday 9th November 2008
Sunday 7th December 2008
Sunday 18th January 2009
Sunday 8th February 2009
Sunday 15th March 2009

Venue

Leichhardt - Presentation Day
Narellan - Distance Day (ANSW Permit)
Chittaway Bay (Central Coast)
Leichhardt
Chipping Norton
Narellan

Events to be conducted on Sunday 9th November 2008:

8:00am: Open Men and Women 20km
8:30am: U/20 Men and Women 10km
9:45am: U/18 Men and Women 5km
10:00am: U/16 Men and Women 2km
10:20am: U/14 Men and Women 1km

All other days events will be held in the following three divisions

Senior: 10km to 20km

Intermediate: 3km to 8km

Junior (Little Athletes): 800m to 2000m

Athletes nominate the distance they wish to walk at each competition. Athletes may choose to walk an alternate distance at any Club event.