



# Seaford Little Athletics Centre

(Other centres welcome to join us)

## Cross Country Winter Athletics Information 2021

### Registrations Open soon online

**What's Cross Country?** Cross Country(XC) is our Winter Athletics season. We run and race-walk longer distances, on all types of tracks...anywhere except an athletics field! We run through sand, mud puddles, bushland and open grass; in all weather conditions.

**When?** Saturday mornings - 9.00am to approx 10.30am, from 17 April to End of August.

**Where?** Seaford North Primary School

**What?** Each Saturday we run cross country events over one of two courses, from 500m for the young athletes to 3000m for older athletes. Distances: U6 (500m) / U7 & U8 (1km) / U9 & U10 (1.5km) / U11 & U12 (2km) / U13 upwards (3km).

On most Saturdays we will also hold Race Walking events. U8 & U9 (700m) / U10 & U11 (1100m) / U12 upwards (1500m)

We also conduct a number of team and special events, including our enormously popular '**Steeplechase Nominated Times**' and '**Nominated Times Team Relay**' events, as well as attend Open Days and Championship Events.

**Who?** Open to ALL ages from 5 years up. Mums and Dads are invited to have a run or walk too – our Open Age races are very popular and cater for all standards! (Our Adults will need to join our Seaford Slacer's Club - More details to come)

**Why?** Any reason you like. Some of our athletes are training for Little Athletics Regional and State Cross Country Championships, or for Primary or Secondary School Sport Association events. Others just like having a run with some friends or are trying to get fit. Many of our athletes use Cross Country to maintain fitness for their other winter sports. We welcome and encourage all equally. The best reason of all is that it's just great fun!!

**How much?** The cost for the whole winter season is as follows:

**Current Seaford LAC Summer Track and Field season 2020/2021 members registration is FREE for Cross Country season.**

New members and other Centre's athletes please enquire regarding your registration and cost.

**How do I join?** All are welcome to join and compete, including athletes not currently registered with Little Athletics. New athletes aged U6 to U16, not currently registered with LAVic or Athletics Victoria will be required to pay an additional insurance fee component to cover winter registration. Existing LAVic or Athletics Victoria members need only pay the local Seaford Cross Country component. All registrations and payments will be taken through our online portal. The portal will be live in the near future and notifications and links posted shortly.

We look forward to seeing you all there, and feel free to bring a friend or two!

**Any enquiries please contact Emily 0430083333 , or e-mail attention Cross Country [seaford@lavic.com.au](mailto:seaford@lavic.com.au)**

**More information on our website and Facebook page**

<https://www.facebook.com/seafordlittleaths>

Website: [www.seafordlac.com.au](http://www.seafordlac.com.au)