

2015 MCDONALDS CROSS COUNTRY SEASON



FINAL PROGRAM

3 rd May	Southern Hills L.A.C.	Flagstaff Hill Primary School, 145 Black Road, Flagstaff Hill
10 th May	Flinders L.A.C.	Flinders University, Flinders Drive, Bedford Park
17 th May	Salisbury East L.A.C.	Carisbrook Reserve, Main North Road, Salisbury Park
24 th May	West Lakes & Districts L.A.C.	Point Malcom Reserve, Military Road, Semaphore Park
31 st May	Adelaide Eagles L.A.C.	South Parklands, Adjacent to Glover Playground South Terrace, Adelaide
7 th June	LONG WEEKEND	
14 th June	Mid Coast LAC	Tatachilla Lutheran College 211 Tatachilla Road, Tatachilla
21 st June	Noarlunga L.A.C.	Wilfred Taylor Reserve, Wheatsheaf Road, Morphett Vale
28 th June	Barossa Valley L.A.C.	Bethany Reserve, Bethany via Tanunda
5 th July	Enfield L.A.C.	St Albans Reserve, Clearview
12 th July	Reynella East L.A.C.	Reynella East College Hewlett-Packard St, Reynella East
19 th July	Tea Tree Gully L.A.C.	Bulkana Oval, Spring Crescent, Banksia Park

26th July 2015

McDonald's State Cross Country Championships

**Hosted by Hills Little Athletics Centre
Heathfield High School,
Longwood Road, Heathfield**

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PROGRAMME OF EVENTS

3/5/2015 – 7/6/2015

11.00 a.m.	U/15-U/17 Boys & Girls	2000m
11.20 a.m.	U/14 Boys & Girls	2000m
11.40 a.m.	U/13 Boys & Girls	2000m
12.00 noon	U/6 Boys & Girls	400m
12.10 p.m.	U/7 Boys & Girls	600m
12.20 p.m.	U/8 Boys & Girls	800m
12.30 p.m.	Tiny Tots Dash	40m
12.35 p.m.	Mums & Dads	1000m
	Lunch and Presentations	
	Other Presentations throughout the afternoon	
1.15 p.m.	U/9 Boys & Girls	1000m
1.30 p.m.	U/10 Boys & Girls	1000m
1.45 p.m.	U/11 Boys & Girls	1200m
2.00 p.m.	U/12 Boys & Girls	1200m
2.15 p.m.	Open - fun event only (U/6-U/17 & Family)	1000m

PROGRAMME OF EVENTS

14/6/2015 – 25/7/2015

11.00 a.m.	U/15-U/17 Boys & Girls	3000m
11.20 a.m.	U/14 Boys & Girls	3000m
11.40 a.m.	U/13 Boys & Girls	3000m
12.00 noon	U/6 Boys & Girls	500m
12.10 p.m.	U/7 Boys & Girls	750m
12.20 p.m.	U/8 Boys & Girls	1000m
12.30 p.m.	Tiny Tots Dash	40m
12.35 p.m.	Mums & Dads	1000m
	Lunch and Presentations	
	Other Presentations throughout the afternoon	
1.15 p.m.	U/9 Boys & Girls	1500m
1.30 p.m.	U/10 Boys & Girls	1500m
1.45 p.m.	U/11 Boys & Girls	2000m
2.00 p.m.	U/12 Boys & Girls	2000m
2.15 p.m.	Open - fun event only (U/6-U/17 & Family)	1000m