



# Welcome to the 2013 McDonald's Cross Country Championships hosted by Noarlunga Little Athletics

## PROGRAMME OF EVENTS

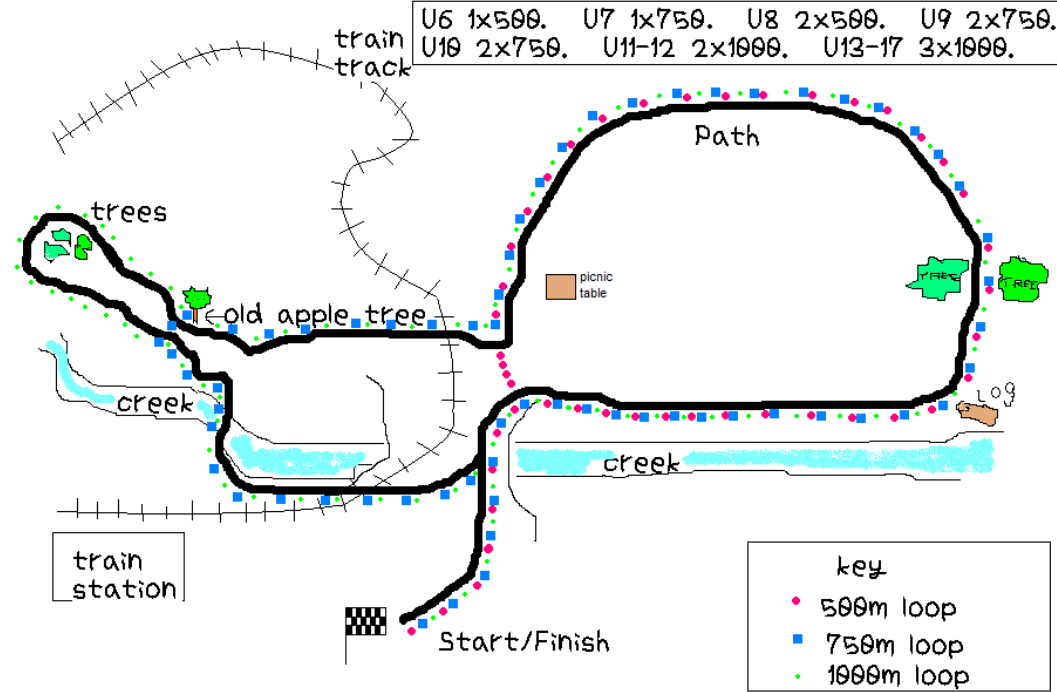
11.00 a.m.	U/15-U/17 Boys & Girls	3000m
11.20 a.m.	U/14 Boys & Girls	3000m
11.40 a.m.	U/13 Boys & Girls	3000m
12.00 noon	U/6 Boys & Girls	500m
12.10 p.m.	U/7 Boys & Girls	750m
12.20 p.m.	U/8 Boys & Girls	1000m
12.30 p.m.	Tiny Tots Dash	40m
12.35 p.m.	Mums & Dads	1000m

### 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

U6 1x500. U7 1x750. U8 2x500. U9 2x750.  
U10 2x750. U11-12 2x1000. U13-17 3x1000.



**All athletes are to report to the start line 5 minutes prior to their event and pay the \$2 entry fee to the Starter. Boys races will run first, followed by the girls race. Where numbers are low, the boys and girls will run in the same race. Listen for PA announcements for race marshalling. All participants will receive a certificate.**

**Marshalls are on the track to guide you, however make sure you follow the signs and the red and white flags. Keep the white flags on your right and the red flags on your left. At the end of the race athletes are to line up at the recorders tent in place order.**

**Visit the canteen for drinks, snacks, soup, BBQ sausages, kebabs and egg and bacon sandwiches. Cappuccino Xpress is also available for hot drinks.**

**Thank you to our local businesses for providing goods for today's event**