

**2019 Eastern 7's Cross Country Calendar
as at 22/3/2019**

Calendar Subject to Change

April	Duty Centre	Venue	Melways Ref
Sunday 28nd	Box Hill	Gardiners Creek (Deakin Uni)	61 B6
May			
Sunday 5th	Kew	Stradbroke Park	54 K5
Sunday 12th	Mothers Day - No Race		
Sunday 19th	Camberwell-Malvern	Orchard Grove	61 J3
Sunday 26th	Nunawading Bill Sewart Athletic	Bill Sewart Athletic Track	62 C8
June			
Saturday 1st	State Cross Country Relays	Cruden Farm	
Sunday 9th	Queens Birthday - Benalla Open Day	Benalla	
Sunday 16th	Box Hill Open Day (Fee Applies) Event does not follow E'7 timetable.	Wattle Park	50 K3
Saturday 22rd	EMR Regionals	Knox -	
Sunday 30th	Doncaster	Tom Kelly Athletics Track	
July			
Saturday 6th	State Road Relays	Sandown	
Sunday 14th	Doncaster	Ruffey Lake	33 F10
Sunday 21st	Collingwood	T.H. Westfield Reserve	30 H12
Sunday 28th	All Eastern 7's Rewards Day	Ruffey Park	33 F10
August			
Saturday 3rd	LAVIC State Cross Country	Lake Dewar, Myrning	

Easter 7's Race Schedule

Time	Distance	Age Group
9:30am	3000m	U13-U15
9:45am	2000m	U11-U12
10:00am	500m	U6
10:15am	1500m	U9-U10
10:30am	1000m	U7-U8

Note - Box Hill Open program is different to the above. See BHLAC Website.

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