

UPDATED LA's STATE CROSS COUNTRY INFORMATION – 2nd JULY

If you are intending on representing the club and competing at the 2009 Little Athletics State Cross Country Championships on Sunday 5th July at Jamison Park, York Road, Penrith, could you please inform Nicky Jenneke at mjellybeans@bigpond.com or on 96516565

REGISTRATION : If you have not already registered online you will need to register on the day between 8.00am and 9.00am (registrations after 9.00am will not be taken)
If you did register online, you will need to collect your athlete competition number at the time indicated by the association.

ON ARRIVAL : On arrival at the venue, please look for the Cherrybrook Banner and sign in with Nicky Jenneke.

WALK THE COURSE :- The course will be open from 8.00am until 9.45am for athletes and parents to walk the course. Each of the different distance courses will be colour coded to make following then easy. (There is no official group walk the course)
The first event of the day will commence at 10.00am, all athletes and parents need to be off the course by this time. A course map is available to view on the association website www.laansw.com.au

UNIFORM : Full centre uniform, including IGA age patch, IGA sponsors patch and McDonalds registration number on the front and the Coco Cola "219" centre number on the back.
The Club will have spare "219" centre numbers and IGA Sponsor patches available on the day for those who require them.

Plain Black bike pants or compression garments (no longer than knee length) may be worn under the red uniform shorts (no logos or coloured stitching allowed)

If conditions are very cold, the association may make a decision on the day to allow the wearing of full length compression garments (once again no coloured stitching or logos ie no "skins") for added warmth, a plain white t-shirt may also be worn under the uniform singlet or crop top.

PARKING : There will be plenty of carnival parking available within Jamison Park together with easy off street parking. We have not been advised of any parking fees, but have a couple of dollars in the car just in case.

PLACINGS : The first three individuals and first three teams will be presented with Medals on the day. The first eight athletes will also be recognised in the presentation with a certificate. If you place in the top eight and need to leave before your age groups presentation, please inform Nicky Jenneke so that she can collect the certificate/medal on your behalf.

RESULTS : After your race, please visit the Cherrybrook tent and register your results. Result times are traditionally posted on a wall near the amenities within about half an hour of the race. Full results, including times will also be posted on the LAANSW website in the week following the event.

WEATHER : In the event of rain, the event will most likely still go ahead. Please ensure all athletes bring plenty of warm cloths, a change of cloths, a towel and wet weather gear.

CANTEEN : There will be a BBQ with limited Canteen facilities available on the day.

If you are unable to compete on the day or have any further questions, please contact Nicky directly on 9651 6565 or 0448 407 716.

I hope you have had a good preparation for this event and I look forward to cheering you on.

Best of Luck
Nicky Jenneke and Allison Deskovic
Cherrybrook Athletics Championships Officers

