



RACE CALENDAR

(AS AT 03/03/09)

DAY	DATE	VENUE	EVENT TYPE	MELWAY REF	MEN					WOMEN				
					Open & O/Age	U20	U18	U16	U14	Open & O/Age	U20	U18	U16	U14
Sat	18-Apr	Jells Park, Wheelers Hill	Cross Country Relay	71 K6	6km	6km	3km	3km	3km	6km	3km	3km	3km	3km
Sat	9-May	Lardner Park, Warragul	Cross Country	612 U8	8km	4km	4km	3km	2km	4km	4km	3km	3km	2km
Sat	30-May	Sandown Racecourse	Road Race	80 C10	10km	10km	10km	3km	3km	10km	3km	3km	3km	3km
Sat	20-Jun	Lake Wendouree, Ballarat	Road Race	19 H6	15km	5km	5km	5km	5km	15km	5km	5km	5km	5km
Sat	4-Jul	Harcourt to Bendigo Ekiden Relay	Ekiden Relay	609 D5	42.9km 32.9km					32.9km				
Sat	18-Jul	Bundoora Park, Bundoora	Cross Country	19 F4	12km	8km	6km	4km	3km	8km	6km	4km	4km	3km
Sat	1-Aug	Eastern Park, Geelong	Cross Country	452 F5	16km	6km	8km	6km	4km	6km	3km	6km	6km	4km
Sat	8-Aug	Sandown Racecourse	Road Relay	80 C10	6.2km	6.2km	3.1km	3.1km	3.1km	6.2km	3.1km	3.1km	3.1km	3.1km
Sun	6-Sep	Yarra Boulevard, Burnley - Half Marathon	Road Race	59 B1	21.1km					21.1km				
Sat	19-Sep	King's Domain, Melbourne	Tan Relays	2G A9	3.8km	3.8km	3.8km	3.8km	3.8km	3.8km	3.8km	3.8km	3.8km	3.8km

XCR SCHOOLS

Sat	16-May	Vic All Schools Cross Country Relays, TBA	Cross Country Relay	18 A10		4km	4km	3km	3km		4km	4km	3km	3km
Sat	13-Jun	Vic All Schools Road Relays, La Trobe Uni	Road Relay	19 H6		3km	3km	2km	2km		3km	3km	2km	2km
Sat	18-Jul	Vic All Schools Cross Country, Bundoora Park	Cross Country	19 F4		8km	6km	4km	3km		6km	4km	4km	3km

XCR REGIONAL

Sat	23-May	Geelong Road Championships, Deakin Uni	Road Race		6km	3km	3km	3km	3km	6km	3km	3km	3km	3km
Sun	14-Jun	Traralgon Marathon (Country Marathon Champs)	Road Race		42.2km					42.2km				
Sun	25-Jul	Lap of the Lake - Lake Wendouree	Road Race		6.0km	6.0km	6.0km	6.0km	6.0km	6.0km	6.0km	6.0km	6.0km	6.0km
Sat	16-Aug	Keith Huddle Eaglehawk - Bendigo	Road Race		6.5km	6.5km	6.5km	6.5km	6.5km	6.5km	6.5km	6.5km	6.5km	6.5km

XCR +

Sun	26-Apr	Victorian Mountain Run - Ferntree Gully	Mountain Run		12.6km	8.4km	8.4km	4.2km		8.4km	4.2km	4.2km	4.2km	
Sat/Sun	16-May	Great Ocean Road Running Festival	Road Race		45km, 23km 14km & 6.5km options					45km, 23km 14km & 6.5km options				
Sun	27-Sep	DeCastella Fun Run	Road Race		15km, 10km & 5km options					15km, 10km & 5km options				
Sun	11-Oct	Melbourne Marathon (Vic Marathon Champs)	Road Race		42.2km					42.2km				
Sat	TBA	Zatopek Graded Races	Track		10,000m					10,000m				

National Events

Sun	7-Jun	Australian Mountain Run - Ferntree Gully	Mountain Run		12.6km	8.4km	8.4km	4.2km		8.4km	4.2km	4.2km	4.2km	
Sat	29-Aug	Australian Cross Country, Camden NSW	Cross Country		12km	8km	6km	4km	3km	8km	6km	4km	4km	3km