

Ku-ring-gai Little Athletics Centre Inc.

Cross Country Season 2021

When and Where Our Cross Country season starts on Sunday, 9th May 2021 and will be held every Sunday until 25th July 2021.

With the exception of the day of the LANSW Cross Country Championships,

On the first day, events will start at 3.30pm at Bannockburn Oval, Bannockburn Road, Pymble.

Following which events will start at 3.15pm.

Registrations On the first day, Little Athletes can register from 2.30pm.

Course Orientation for runners and parents will start at 3.00pm

Winter season Fees KLAC 2020/2021 registered Little Athletes \$10 by cash or card.

Unregistered new KLAC LAs must first register via the LANSW web site and pay on line the LANSW registration fee \$68 then a further \$10 by cash or card to KLAC at Bannockburn Oval.

LAs registered at other Centres \$10 by cash or card.

Other unregistered LAs must first register through their home Centre.

Distances	U6	525 metres
	U7 and U8	825 metres
	U9 and U10	1,687 metres
	U11 to U14	2,280 metres
	U15, U17 and Open	2,280 metres

Parents may participate in the Open event at their own risk.

An informal event for younger siblings will be held at the parents' risk.

More Information Is available from: Jason McIntosh on 0419 747 320