



# CROSS COUNTRY 2022

The Woody Yaloak Athletic Club will commence the 2022 cross country season with a scratch run from the Haddon Recreation Centre @ 4.30pm Friday 29<sup>rd</sup> April 2022 for all ages u6 to open age.

Weekly runs/courses will be conducted each Friday in the Haddon, Smythesdale, Scarsdale region. All families are to meet at the Haddon Recreation Centre by 4.30 sharp or meet at the run venue.

The club will again offer for all interested **A VIRTUAL RUNNING OPPORTUNITY for those unable to attend on Friday nights.**

**A VIRTUAL RACE** is where participants can complete the set course in their own time (Sat/Sunday). This opportunity encourages everyone in the community of all ages to participate (including mums and dads). It is a great opportunity to maintain enthusiasm and fitness, especially for those that participate in other sports (footy, Netball, other) and are not available on a Friday night. A different course will be set each week and participants can run the course between Friday night – and 4pm Sunday afternoon. Distances range from 400m for u6s up to 4km for the older age groups. The run must be timed and be emailed to the WYAC so it can be recorded and adjusted with a handicap. All results will be posted (pics optional) on social media.

**REGISTRATION: \$30 per runner  
(\$15 extra for a club singlet)**

**Trophies and awards presented throughout the season.. including mums and dads that register.**

Please visit [www.woodyathletics.org.au/registration](http://www.woodyathletics.org.au/registration) to register

Enquiries to: Peter Luke 0410 524995

## INFORMATION/RULES

- A different course will be set each week and participants can run the course on a Friday night or VIRTUALLY from Friday night to 4pm Sunday afternoon.
- Anyone in the family can participate however there is a different distance for each age group. Approx. distances for each age group. **AGE IS AT 29 APRIL 2022**
  - U6 (any athlete under the age of 6 on the 29 April 2022) approx. 400m
  - U8 (any athlete under the age of 8 on the 29 April 2022) approx. 800m
  - U10 (any athlete under the age of 10 on the 29 April 2022) approx. 1200m
  - U12 (any athlete under the age of 12 on the 29 April 2022) approx. 2000m
  - U14 (any athlete under the age of 14 on the 29 April 2022) approx. 3000m
  - U16 (any athlete under the age of 16 on the 29 April 2022) approx. 3500m
  - U18 (any athlete under the age of 18 on the 29 April 2022) approx. 4000m
  - Open (any athlete over the age of 18 on the 29 April 2022) approx. 4000m
- Any athletes/children that wishes to have their results timed and recorded must run their course and a parent/other must be in position to time the race
- An older runner/parent may time themselves - integrity is a must
- **For Virtual Runs, please email [woadyaths@outlook.com](mailto:woadyaths@outlook.com) before 4pm Sunday with the athletes name, distance and time**
- Results will be collated for awards therefore integrity is expected at all times. The first two runs (from Fri April 29 – Sun May 1st and Fri May 6 – Sun May 8) will be 'scratch runs' no handicaps. Handicap runs will then commence the week after (week 3).
- The courses will be marked on Thursday/Friday nights with cones and coloured paint/white clay.
- All runners (unless running on a circular course) will run to their colored cone and colored 'dot', run around and return to the start.
  - U6 Green painted dot and cone
  - U8 Blue painted dot and cone
  - U10 Red Painted dot and cone
  - U12 Yellow painted dot and cone
  - U14 Orange painted dot and cone
  - U16 and Open White painted dot and cone
- **A circle around the dots with white clay will assist with identification of the turn-around point**
- Most courses will be flat terrain runs therefore if any family wishes to set a course elsewhere, they can. Communication though to club convener (Peter) is a must to determine handicap times.
- Circular courses (as usually set for races) will have white arrows on track intersections and age group colored cones if needed)
- Course maps will be emailed weekly as well as on team app and website.
- All results will be posted on Team app, Facebook and on our website/cross country results
- All results posted on social media will include age group fastest times as well as of handicap results
- Please take good pics of kids for Facebook

## 2022 Event Calender

Can be run from 4pm Friday – 4pm Sundays

April	29th	Rail trail Nth (Scratch run)
May	6th	Lions Park Hcp Lions Park Haddon
	13th	Haddon 4 ways Hcp. Haddon Common
	20th	King Queen Mountain
	27th	Haddon Dam Relay
June	3rd	Smythesdale Hcp–Smythesdale Gardens
	10th	NO EVENT
	17th	Golden Acres
	24th	Lions Park Hcp
July	1st	Emmerson Family Hcp
	8th	Rail trail Sth.
	15th	Haddon Dam Hcp
	22nd	Scarsdale Hcp Scarsdale PS
	29th	Ross Creek Water Race Hcp
August	5th	Gun Club Hcp.3 Haddon Common
	12th	Club Championships
	19th	Nimons Bridge Presidents Hcp
	26th	3 Run Haddon Common
Sept.	2nd	Ross Creek Pink Run
	9th	Lions Club Hcp
		Trophy night