



CROSS COUNTRY 2023

The Woody Yaloak Athletic Club will commence the 2023 Cross Country season with a scratch run from the Haddon Recreation Centre @ 4.30pm Friday 28th April 2023 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 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 31 December 2022**
 - U6 approx. 400m
 - U8 approx. 800m
 - U10 approx. 1200m
 - U12 approx. 2000m
 - U14 approx. 3000m
 - U16 approx. 3500m
 - U18 approx. 4000m
 - Open 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 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 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

2023 Event Calender

Can be run from 4pm Friday – 4pm Sundays

April	28th	Rail trail Nth (Scratch run)
May	5th	Lions Park Hcp Lions Park Haddon
	12th	Haddon 4 ways Hcp. Haddon Common
	19th	TBA
	26th	TBA
June	2nd	TBA
	9th	NO EVENT
	16th	TBA
	23rd	TBA
	30th	TBA
July	7th	TBA
	14th	TBA
	21st	TBA
	28th	TBA
August	4th	TBA
	11th	TBA
	18th	TBA
	25th	TBA
Sept.	1st	TBA
	8th	TBA
	15th	Trophy night