

Eastern 7's Cross Country Calendar 2023

APRIL 2023

Day	Date	Location	Host	Location
Sunday	30	Gardiner's Creek	Box Hill	Holland Ave, (Deakin Uni), Burwood

MAY 2023

Sunday	7	Bill Stewart Athletics Track	Nunawading	330 Burwood Hwy, Burwood
Sunday	14	Mother's Day		
Sunday	21	Orchard Grove	Camberwell/Mavern	Orchard Grove Reserve Playground, Blackburn South
Sunday	28	AC Robertson Field, Ringwood Athletic Track	Ringwood	Proclamation Park, Sylvia Grove, Ringwood

JUNE 2023

Sunday	4	Box Hill Open Day- Wattle Park	Box Hill	Monsbough Dr, Surrey Hills
Sunday	11	Kings Birthday Weekend		
Sunday	18	Stradbroke Park	Kew	Lower Oval, Burke Rd cnr Harp Rd, Kew East
Saturday	24	State Cross Country Relay Championship	LAVIC	Cruden Farm, Langwarrin (entry via Cranhaven Road, 60 Cranbourne-Frankston Rd, Langwarrin)
Sunday	25	School Holidays		

JULY 2023

Sunday	2	School Holidays		
Sunday	9	Ruffy Park, Doncaster	Doncaster	The Boulevard adventure Playground, Doncaster
Sunday	16	AC Robertson Field, Ringwood Athletic Track	Ringwood	Sylvia Gr, Ringwood
Sunday	23	To Be Confirmed (Fairfield Park)	Collingwood	Fairfield Park Dr, Fairfield (Next to Boathouse)
Saturday	29	EMR Region Cross Country Carnival	LAVIC/EMR	Ruffy Lake, The Boulevard adventure Playground, Doncaster
Sunday	30			

AUGUST 2023

Sunday	6	Ruffy Park Doncaster	Doncaster	Tom Kelly Athletics Track, Doncaster
Saturday	12	LAVIC State Cross Country Championship	LAVIC	Lake Dewar, 339 Garrands Road, Myrniong

Eastern 7's Race Order

Time	Age Group	Distance
9:30	U13- U17	3000m
9.45	U11-U12	2000m
10.00	U6	500m
10:15	U9- U10	1500m
10:30	U7- U8	1000m