

**CAMBERWELL MALVERN LITTLE
ATHLETICS CLUB
INVITES YOU TO THE**



EMR MIDDLE DISTANCE CLUB PB MEET - ROUND 01

All LAVIC athletes from U9 to U17 are invited to our centre to race on a grass athletics track with maximum distances based on age groups. All races will be un-laned and the session will finish with a parents race! Ribbons will be provided to the first three finishing places of each race. This is a free additional event on top of your centre's weekly program and will give athletes an opportunity to race against other keen middle distance runners from around Melbourne.

Age Group	Start Time	Distance
U9	8:45am	800m
U10	9am	800m
U11	9:15am	1500m
U12	9:30am	1500m
U13	9:45am	1500m
U14	10am	1500m
U15-U17	10:15am	1500m
Parents	10:30am	1500m

Date: SUNDAY 03rd Dec 2023

**Location: Righetti Oval Kooyong
(Entrance to carpark from Glenferrie Rd)**

**Uniforms: All athletes must wear their centre uniform and
race bibs with barcode**

Entrance Fee: Free

**NO REGISTRATION IS REQUIRED AND MARSHALLING
IS 15 MINUTES PRIOR TO EVENT START TIME**