

# EASTERN 7 CROSS COUNTRY CALENDAR 2023

## APRIL 2023

Day	Date	Location	Host	Location
Sunday	9	Easter Sunday		
Sunday	16	<i>School Holidays</i>		
Sunday	23	<i>School Holidays</i>		
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	<i>Orchard Grove</i>	Camberwell/Malvern	<i>Blackburn Rd, Blackburn Sth</i>
Sunday	28	AC Robertson Field, Ringwood Athletic Track	Ringwood	sylvia Gr, Ringwood

## JUNE 2023

Sunday	4	Box Hill Open Day- Wattle Park	Box Hill	Monsbough Rd, Surrey Hills
<i>Sunday</i>	11	<i>Queen's Birthday Weekend</i>		
<i>Sunday</i>	18	Stradbroke Park	Eastern 7's	Lower oval, Burke Rd cnr Harp Rd, Kew East
<i>Saturday</i>	24	<i>State Cross Country Relay Championship</i>		<i>Cruden Fame, Langwarrin</i>
<i>Sunday</i>	25	Ruffy Park Doncaster	Doncaster	The Boulevard adventure Playground, Doncaster

## JULY 2023

<i>Sunday</i>	2	<i>school Holidays</i>		
<i>Sunday</i>	9	Ruffy Park, Doncaster	Doncaster	The Boulevard adventure Playground, Doncaster
<i>Sunday</i>	16	AC Robertson Field, Ringwood Athletic Track	Ringwood	sylvia Gr, Ringwood
<i>Sunday</i>	23	Tom Kelly Athletics Track	Collingwood	George St, Doncaster East
<i>Saturday</i>	29	<i>EMR Region Carnival</i>	Doncaster	Ruffy

## AUGUST 2023

Sunday	6			
<i>Saturday</i>	12	<i>State Cross Country Championship</i>		<i>Lake Dewar</i>

## Eastern 7's Race Order

	9.30	U13- U17	3000m	
	9.45	U11-U12	2000m	
	10.00	U6	500m	
	10.15	U9- U10	1500m	
	10.30	U7- U8	1000m	

- **EMR Qualification:** Athletes are **strongly encouraged** to represent Kew in at least 2 Eastern7 events to run for KEW at EMR and State comps.
- **State Qualification \*:** It is a requirement that athletes must compete in the EMR Cross Country Championships to be eligible to register for the 2023 State Cross Country Championships on August 12<sup>th</sup>, 2023.