



CROSS COUNTRY TRAINING 2024

	Wednesday		Sunday	
April			14th	LG
	17th	LG	21st	LG
	24th	LG	28th	LG
May	1st	LG	5th	LG
	8th	LG	12th	LG
	15th	COO	19th	COO
	22nd	COO	26th	COO
	29th	COO		
June			2nd	COO
	5th	COO	9th	COO
	12th	COO	16th	COO
	19th	COO	23rd	LG
	26th	LG	30th	LG
July	3rd	LG	7th	LG
	10th	LG	14th	LG
	17th	LG	21st	LG
	24th	COO	28th	COO
	31st	COO		

LG = Lake Gwelup Reserve

COO = Carine Open Space.

[More information:](http://hamersleyathletics.com.au/winter/)

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[Athletics West Event information:](https://www.athleticswest.com.au/athletes/winter/)

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