



Little
Athletics
Victoria



Athlete Information Booklet

State Cross-Country Championships

Saturday 31st July

Lake Dewar Lodge YMCA,
339 Garrards Rd, Myrniong (near Bacchus Marsh)

The **State Cross-Country Championships** is an individual Cross-Country event. It is held on terrain that is undulating and provides a challenge to the athletes. The course may incorporate one or two laps depending on the distance and layout of the course.

The State Teams event only, will be conducted concurrent with the individual event at the State Cross-Country Championships.

Date: Saturday 31st July.

Entries Close: Monday 5th July @ 11.59am – Midday.

Entry Price: \$25 per athlete plus admin charge.

How to get there

The event is to be held at Lake Dewar Lodge YMCA, 339 Garrards Rd, Myrning. Take the C318 exit towards St Anne's Winery. If you are coming from Melbourne, **do not** take the first 'Myrning' exit. See the below maps for directions.

Click [here](#) to view directions showing how to get to the venue.

Click [here](#) to view the location of the venue on Google Maps

You will be directed where to park when you arrive at the venue.

Age Groups

Athletes in the **U9-U16** age groups only, can enter the State Cross-Country Championships. Athletes must be a registered financial competitive member to register and compete.

Multi-Class Athletes

Multi-Class athletes must have a provisional or full classification. When registering via the online portal, you will be required to list your classification. Athletes must be a registered financial competitive member to register and compete.

The Age group types are U9-U10, U11-U12 and U13-U16.

Age Group Promotion

Athletes must only compete in events listed for the age group in which they are registered.

- Athletes cannot be promoted from the **U6, U7 or U8** age groups.

Distances

The distance for each age group is listed below.

Age Group	Distance
U9, U10	1.5 km
U11, U12	2.0 km
U13, U14, U15, U16	3.0 km

Multi-Class Athletes	
Age Group Type	Distance
U9 - U10	1.5 km
U11 - U12	2.0 km
U13 - U16	2.0 km

Note: These are the optimal distances and may vary depending on the location and layout of the course.

Course

The Course consists of a **1km** and **1.5km loop**.

- U9, U10 & U9-U10 Multi-Class will complete 1 lap of the 1.5km loop.
- U11, U12 & U11-U12, U13-U16 Multi-Class will complete 2 laps of the 1km loop.
- U13, U14, U15 & U16 will complete 2 laps of the 1.5km loop.

Course Maps

Course Maps will be available on the **Event Page** closer to the event. These course maps are subject to change during set up, and on the day, to ensure the safety of all athletes and volunteers.

When to arrive

It is suggested you arrive at least 60mins – 90mins before your race, to Check In, warm up and get to the start line 15mins before your race, keeping in mind, all athletes, team managers and parents are permitted to walk the course any time from 9:00am to 10:15am. The course closes when the athletes enter the Call Room for the first event.

Check In

Further details will be supplied regarding whether Race Bibs or RFID tags will be used. Athletes will be required to collect these from the Athlete Check In marquee from 9.00am onwards, the check in closes 30mins prior to each event, at which stage the uncollected Bibs / Tags will be relocated to the Call Room at the Start line area. Athletes cannot start the race without either a Bib or Tag as supplied. Team Managers are not able to collect these as it is proof of the athlete's attendance and decision to compete on the day.

Draft Timetable

Athletes are to be at the tents next to the start line at least 15 minutes before the scheduled start.

- The course will be open from 9.00am until first Call Room at 10.15am.

Event	Call Room Time	Event Start Time	Age Group	Gender	Distance
1	10.15am	10.30am	U13	Boys	3km
2	10.40am	10.55am	U13	Girls	3km
3	11.05am	11.20am	U14	Boys/Girls	3km
4	11.30am	11.45am	U15	Boys/Girls	3km
5	11.55am	12.10pm	U16	Boys/Girls	3km
6	1.00pm	1.15pm	U9	Boys	1.5km
7	1.15pm	1.30pm	U9	Girls	1.5km
8	1.15pm	1.30pm	U9-U10 Multi-Class	Boys/Girls	1.5km
9	1.35pm	1.50pm	U10	Boys	1.5km
10	1.50pm	2.05pm	U10	Girls	1.5km
11	2.05pm	2.20pm	U11	Boys	2km
12	2.20pm	2.35pm	U11	Girls	2km
13	2.20pm	2.35pm	U11-U12 Multi-Class	Boys/Girls	2km
14	2.20pm	2.35pm	U13-U16 Multi-Class	Boys/Girls	2km
15	2.45pm	3.00pm	U12	Boys	2km
16	3.00pm	3.15pm	U12	Girls	2km

Note: The Draft timetable is subject to change once the entries close and final numbers confirmed.

The program is also subject to change on the day in consideration of the safety of all athletes.

Awards

For each State Cross-Country Championships Individual Event:

- (a)** Medals will be presented to the first three placegetters, or the converted performances for Multi-Class events.
- (b)** Ribbons will be presented to fourth to eight placegetters as above.
- (c)** Result cards will be printed and supplied to all athletes. They will be collected by the Team Managers throughout the day.

For each State Cross-Country Championships Team Event:

- (a)** Medals will be presented to the first three placegetters, or the converted performances for Multi-Class events. (Team of 3 athletes only).

To recognise athlete performances that would have been achieved at the Region Carnivals, Region individual medals only, will be presented in addition to State individual medals, based on placings.

State Team Composition and Points

Athletes from each Centre are allocated points based on their finish placings. The Team must consist of 3 athletes to be eligible, in the same age group and gender.

1. Points will be awarded to athletes in order of finishing as follows:
 - 1st place receiving 1 point,
 - 2nd place receiving 2 points,
 - 63rd place receiving 63 points, etc.
2. Points for the first three athletes from a Centre to cross the finishing line will be added to give the total points scored by that team. Subsequent groupings of three will constitute the next team, and so on
3. Only the three athletes comprising the team will be eligible for a medal.
4. The team with the lowest total points will be declared the winner, and so on.
5. In the event of a tie for first, second or third place, the team whose third placed athlete scores the lowest points will be awarded the higher placing.

Start Lines

There will be one start line, however, where there are more athletes than can be placed in a single row, separate start lines will be required. In this case, the first row will be filled with athletes placed in draw order. The second row will also contain athletes in draw order.

Call Room

Athletes are to make their way to the Call Room tents adjacent to the start line in readiness to compete in their race, at least 15 minutes prior to the scheduled start time.

Any athletes who arrive at Athlete Check In within 30 minutes of the start time of their race will be directed to see the Starters Assistant and collect their bib / tag at the Call Room. Athletes cannot start in any race without a bib / tag. Athletes must be in correct uniform when arriving at the Call room, however you should have your warmup gear over the uniform to stay warm. A check of the bib / tag and uniform will occur in the Call room.

Five minutes prior to the event start time athletes will leave the Call Room, walk towards the start line where they will take off their warmup gear and place it in the baskets behind them. It will be collected by basket carrier's and taken to the finish line.

The athletes will be given a pre-race briefing by the Chief Starter on the start process and course.

Once the athlete briefing has finished, athletes in the **U9 – U13** age groups will be asked to make their own way to the start line, to line up where they wish. It will be a bunched start with only 1 start line, if possible. Otherwise, the Starters Assistant will direct the athletes to the appropriate start line.

U14, U15 and U16 Races – will be separate age groups, but mixed gender races, the athletes will be asked to make their own way to the start line, to line up where they wish. It will be a bunched start with only 1 start line.

Multi-Class Races – All Multi-Class races will be mixed gender races, athletes will line up on the second start line.

Assistance to athletes

No assistance or refreshments will be provided to athletes during the event unless medical assistance is needed and supplied by the First Aid officers.

The Organising body may arrange to have a tortoise / hare to direct athletes along the course.

The Organising body will allow guide runners for Multi-Class athletes where required, these are to be supplied by the Centres themselves.

Protests

There is no Jury of Appeal. The Referee's decision is final.

Uniforms

Athletes are to wear their approved Centre uniform which conforms to the standards as defined in the LAVic Centre Uniform Booklet which is available [here](#).

Spikes, Football boots, runners with hard cleats are not permitted for Cross-Country events.

Undergarments - tops in Black, white, or approved colour t-shirts and long sleeves may be worn **under** the approved Centre top.

Undergarments – bottoms in Black, beige, or approved colour leggings or bike shorts may be worn **under** the approved Centre shorts. **Undergarments must be plain and not have any logos.**



In the Cross-Country season only, leggings or tights **may be** worn by themselves if they are plain black, or the same colour of the approved Centre bottoms.

Leggings must be plain and not have any logos.

Approved Centre logos are accepted if supplied by the official uniform suppliers of GameDay or Energetic.

Shorts with pockets are not permitted.

Logos larger than 40mm x 40mm are not acceptable.

The **Coles** badge must be sewn onto the uniform above the LAVic logo on the Centre top.

The **Commonwealth Bank** registration bib must be worn. Please take extra care to ensure your uniform is correct, because there will be limited time to change your uniform once you get to the start line.



Presentations

Following each race, the top eight placegetters will be held at the finish line and walked to presentations. The top 3 will receive medals, athletes 4-8 will receive ribbons. Multi-Class presentations will occur once the results have been calculated using the Baseline tables. Multi-Class Athletes are to remain near the finish line area to proceed to presentations once called over the PA.

Team medals presentations will be made shortly after individual presentations, once results are calculated with the winning teams being called over the presentation PA.

Region individual medals will be presented once the results have been calculated, and after all other presentations. Athletes are to listen out to the PA announcements, which will be called Region by Region, and proceed to the presentation area when called.

Athletes withdrawing from a race

If an athlete withdrawal during a race for medical reasons, St Johns first aid will be called, and the athlete will be assessed at the nearest course marshal. Athletes will not be able to leave the course unattended, the Competition Director, Referee or General Manager will call the Centre Team Manager to collect the athlete from the course if they can walk, if not, then First Aid will transport the athlete back to the finish line area. Only Team Managers will be allowed to collect athletes, parents are not to take any athlete off the course. This is to ensure we have full oversight of all athletes during a race and to maintain our duty of care.

All Little Athletics events are **non-smoking**, as Cross-Country is conducted outdoors in parks, the entire area around the course is non-smoking.

Dogs are not permitted at any Little Athletics Victoria event; this includes the entire Lake Dewar facility. Parents will be asked to leave if they arrive with a dog.

Click [here](#) for the Athlete Entry Portal

Enquiries

If you have any enquiries, please contact the LAVic office on (03) 9960 8600 or competition@lavic.com.au

We wish you the best of luck and hope you enjoy the experience.