



Little  
Athletics  
Victoria



# Athlete Information Booklet - Final

**Region Cross-Country Carnivals**  
**Saturday 16<sup>th</sup>, Sunday 17<sup>th</sup> July**

## **State Cross-Country Championships**

Lake Dewar Lodge YMCA,  
339 Garrards Rd, Myrniong (near Bacchus Marsh)  
Saturday 6<sup>th</sup> August 2022

**Version: July 11<sup>th</sup> 2022**

The **Region Cross-Country Carnival** is an individual Cross-Country event that also serves as a qualifying event for the State Cross-Country Championships.

Although it is an individual event, there is a Teams element, the Teams event will be conducted concurrent with the individual event.

### Location: Region Cross-Country Carnivals

Please refer to your Region for the Google maps link and Final timetable below.

REGION	VENUE	ADDRESS	DATE
EMR	<a href="#">Jells Park South, Wheelers Hill</a> / <a href="#">Final Timetable</a>	Ferntree Gully Rd, Wheelers Hill	Sat 16 <sup>th</sup> July
GCR	<a href="#">Edwin Flack Reserve, Berwick</a> / <a href="#">Final Timetable</a>	Manuka Rd, Berwick	Sat 16 <sup>th</sup> July
NCR	<a href="#">Alexandra Racecourse</a> / <a href="#">Final Timetable</a>	7 Ruok Way, Alexandra	Sun 17 <sup>th</sup> July
NMR	<a href="#">Sunbury Park Reserve</a> / <a href="#">Final Timetable</a>	Jackson St, Sunbury	Sat 16 <sup>th</sup> July
SMR	<a href="#">Patterson River Secondary College, Seaford</a> / <a href="#">Final Timetable</a>	70-98 Eel Race Rd, Seaford	Sat 16 <sup>th</sup> July
WCR	<a href="#">Island Park, Casterton</a> / <a href="#">Final Timetable</a>	Spurrel Drive, Casterton	Sun 17 <sup>th</sup> July
WMR	<a href="#">Lake Dewar, Myrniong</a> / <a href="#">Final Timetable</a>	339 Garrards Rd, Myrniong	Sat 16 <sup>th</sup> July

### Entries have closed:

The entry fee covers both the Region Carnivals and State Championships if eligible, no further entry charge is required for the State Cross-Country Championships.

### Age Groups

Athletes in the **U9-U16** age groups only, can enter the Region Cross-Country Carnivals. 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.

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

## Confirmed Athletes

A list of confirmed entrants has been sent to the Nominated Team Managers and Centres. This list is also on the Region Cross-Country Carnivals webpage.

## 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.

## Timetable

Final timetables for each Region Cross-Country Carnival are also available on the event page of the website, they have been updated since the close of entries.

[Click here](#) for the Region Cross-Country Carnival event page.

## Awards

For each **Region Cross-Country Carnival Individual Event:**

- (a) Medals will be presented to the first three placegetters, or the converted performances for Multi-Class events.

For each **Region Cross-Country Carnival 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**).

## 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,
  - 3rd place receiving 3 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.

## Qualification for State Cross-Country Championships

All athletes that **compete and complete** the relevant event at the Region Cross-Country Carnival, are eligible to compete at the State Cross-Country Championships at Lake Dewar on Saturday 6<sup>th</sup> August.

There are no further qualification requirements, and further payment is not required. Athletes will be automatically registered for the State Cross-Country Championships if they meet the eligibility requirements as above.

## Scratching – after Region Cross-Country Carnivals

Athletes who are eligible to compete at the State Cross-Country Championships, will be asked to **scratch** if they do not intend on competing, a portal will open on Sunday 17<sup>th</sup> July at 6.00pm, after Region, and close on **Friday 22<sup>nd</sup> July at 11.59am – midday**. After this time, scratching's will only be accepted on the day at Check In, by the Centre Team Manager.

## Check In / Call Room

Information will be sent to Athletes and Centres if there is a formal check in process at your Region Carnival. This will be included in the email to Athletes and Centres. The **Call Room** times are all listed on the Final Timetable. Athletes must be at the Call Room time as listed, in complete uniform, where they will be checked by the Call Room officials.

## Start Lines

If required, there will be separate start lines. Where there are more athletes than can be placed in a single row, the first row will be filled with athletes placed in draw order. The second row will also contain athletes in draw order.

## 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. Centres must advise the Referee prior to the event, of any Multi-Class guide runners. The Multi-Class guide runners will be required to wear a Fluro vest to identify 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](#).

Athletes must have the **Commonwealth Bank membership bib** and **Coles registration patch** correctly attached to the Centre uniform.

**Spikes, Football boots, runners with hard cleats are NOT permitted for Cross-Country**

**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.**



Leggings or tights **may be** worn by themselves but **must** be the same colour of the approved Centre bottoms, except for the Cross-Country season **only**, where they may be **plain black**.

**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.



### **Parent Duties**

The Centre Team Manager will advise of any parent duties required to be completed. Further details for duties for the State Cross-Country Championships, will be supplied closer to the event. Your Centre Team Manager will be the point of contact.

### **Venues**

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;** as Cross-Country is conducted in parks, this also applies to the course area. Parents will be asked to leave if arriving with a dog / puppy.

### **Enquiries**

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

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