

Southern Metropolitan Region

Region Cross-Country Carnival

Members Guide

Saturday 16th July 2022

Patterson River Secondary College
(Hosted by Seaford Little Athletics Centre)



SMR Centres: Brighton, Caulfield, Chelsea, Dandenong, Frankston, Mentone, Moorabbin, Mornington, Oakleigh, Sandringham, Seaford, Springvale, Waverley & Westernport.

Timetable

PATTERSON RIVER SECONDARY COLLEGE

70-98 Eel Race Road, SEAFORD

8.30 am onwards	Athlete check-in at Registration
9.00 am	Meeting of Officials & Team Managers
9.15 am	COURSE WALK - Athletes, parents and Team Managers are encouraged to walk the course at 9.15 am to 9.45am
9.45 am	Marshall for 1st event

Note:

The program is subject to change on the day in conjunction with the safety of all athletes.

EVENT TIMETABLE					
Event	Call Room Time	Event Start Time	Age Group	Gender	Distance
9.15 am Walk the course (all distances)					
1	9.45 am	10.00 am	U14/15/16	Boys & Girls	3km
2	10.10 am	10.25 am	U13	Boys & Girls	3km
3	10.35 am	10.50 am	U9	Boys	1.5km
4	10.50 am	11.05 am	U9	Girls	1.5km
5	11.10 am	11.25 am	U10	Boys	1.5km
6	11.25 am	11.40 am	U10	Girls	1.5km
7	11.40 am	11.55 am	U12	Boys	2km
8	11.55 pm	12.10 pm	U12	Girls	2km
9	12.10 pm	12.25 pm	U11	Boys	2km
10	12.25 pm	12.40 pm	U11	Girls	2km

You can also access an online version of the [timetable](#).

Athlete Requirements

Registration:

Please make sure to go to the Registration desk located next to the Call Room. You will be issued a barcode for identification on your Commonwealth Bank member registration patch if it does not have one already.

The Course:

The course will be set out as close to the map as possible with different coloured flags on either side. Red flags will be located on the right side of the track and white flags on the left. Directional arrows will be placed where possible at junctions. A map of the course is available online and can be accessed here- [course map and venue layout](#). In the event of a discrepancy between the course in this handbook and the online map, the online map will take precedence.

Call Room:

The Call Room will open 15 minutes prior to the race. Athletes will be checked off against our lists and then taken to the Start line when all ready.

The Start:

The Start line will be as wide as possible but in the event that it is not practical to have all runners on a single line a second row will be formed to allow sufficient space to be deemed safe for all athletes.

Assistance:

As required a tortoise and hare system can be implemented to ensure the safety of all younger runners. No other assistance will be offered to athletes during the race.

First-Aid

First-Aid will be present on the day to attend any injuries. They will be based around the Timekeeping tent but all course marshals will have radios and stay in constant communication.

Course Marshals:

Representatives from centres will have personnel on the course looking out for, and directing, athletes to make sure our athletes do the best they can. All course marshals will have 2-way radios and briefed on what is required of them.

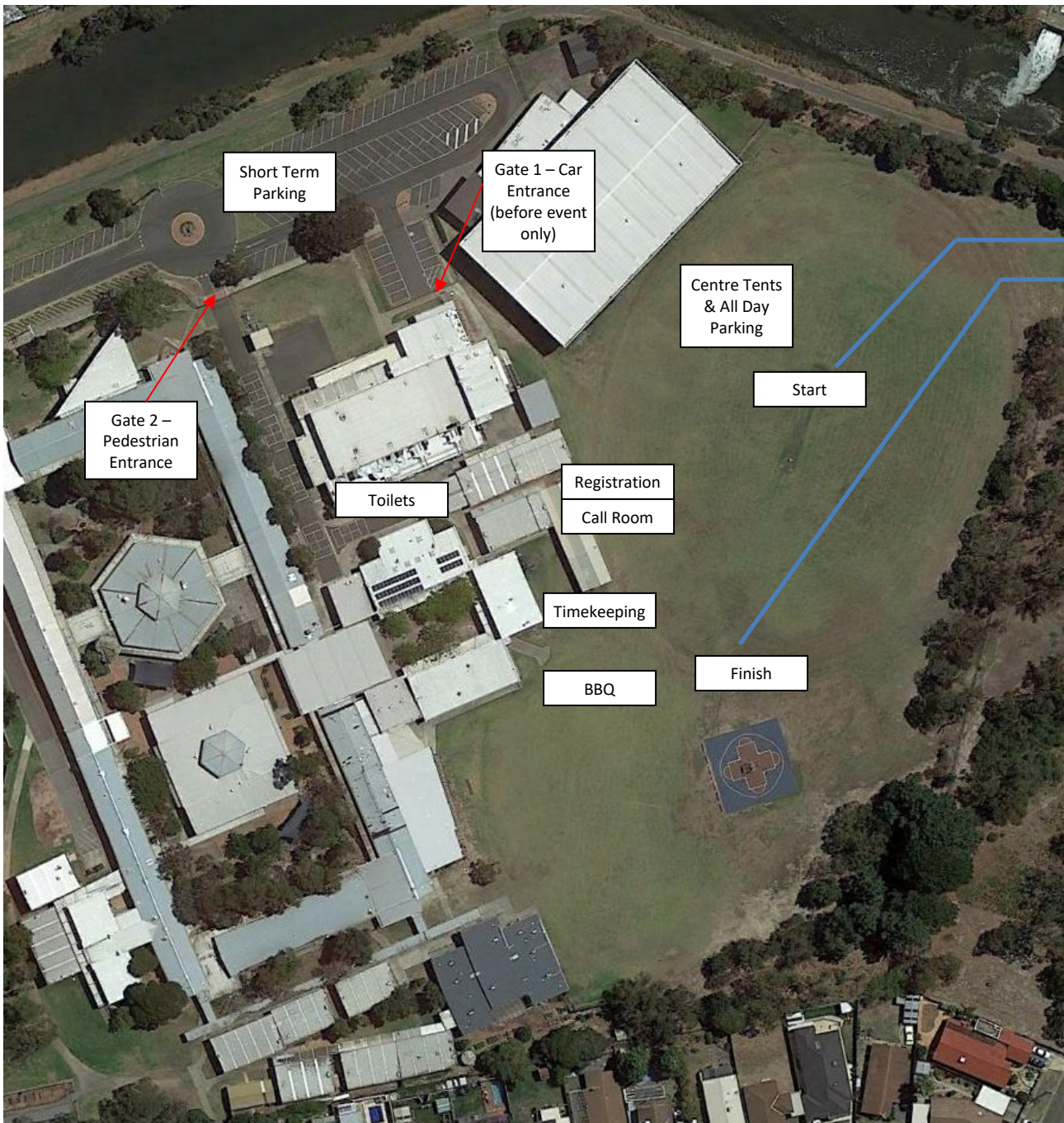
Slower races

To keep to timetable some races may include manual timing for slower athletes, however all athletes who finish will have an 'official' time recorded.

Parking

We have been advised that there will be other events in the area at the same time so please arrive early to find a parking spot and remember to observe restrictions to avoid a dreaded parking fine!

Tent and Arena Layout



Car Parking:

Cars arriving early and staying all day may enter through Gate 1 and park on the oval to unload all your centre equipment. These cars will be expected to stay there until the completion of the event due to its close proximity to the course, athletes and pedestrians.

Centre Tents may be positioned anywhere not impeding the course.

1KM Track



1.5km Track

