



Little  
Athletics  
Victoria



# Athlete Information Booklet

**Region Cross-Country Carnivals**  
**Saturday 29<sup>th</sup>, Sunday 30<sup>th</sup> July**

To be followed by:  
**State Cross-Country Championships**  
Lake Dewar Lodge YMCA,  
339 Garrards Rd, Myrniong (near Bacchus Marsh)  
Saturday 12<sup>th</sup> August 2023

***We acknowledge Aboriginal and Torres Strait Islander people as the first peoples and Traditional Owners and custodians of the land and waterways on which we live. We honour and pay our respects to Elders past and present.***

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 and is based on the results of the first 3 athletes from each Centre across the line. Where a Centre has more than 3 participants in an event, each subsequent set of 3 athletes will constitute another team from that Centre.

### **Location: Region Cross-Country Carnivals**

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

<b>REGION</b>	<b>VENUE</b>	<b>ADDRESS</b>	<b>DATE</b>
EMR	<a href="#">Ruffey Lake Park, Doncaster</a>	99 Victoria St, Doncaster East	Sat 29 <sup>th</sup> July
GCR	<a href="#">Edwin Flack Reserve, Berwick</a>	Manuka Rd, Berwick	Sat 29 <sup>th</sup> July
NCR	<a href="#">Moama Recreation Reserve, Moama</a>	Perricoota Rd, Moama	Sun 30 <sup>th</sup> July
NMR	<a href="#">Aberfeldie Park, Aberfeldie</a>	Corio St, Aberfeldie	Sat 29 <sup>th</sup> July
SMR	<a href="#">Carrum Downs Secondary College</a>	263 McCormicks Rd, Carrum Downs	Sat 29 <sup>th</sup> July
WCR	<a href="#">Island Park, Casterton</a>	Spurrel Drive, Casterton	Sun 30 <sup>th</sup> July
WMR	<a href="#">Bacchus Marsh Grammar, Staughton Vale</a>	155 Staughton Vale Rd, Staughton Vale	Sat 29 <sup>th</sup> July

**Entries are now closed.** No late entries will be accepted.

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 to U17** age groups only. 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-U17**.

## Confirmed Athletes

A list of entries received can be viewed at the start of the online entry process under "Confirmed Entrants" on the Athlete Entry portal.

## 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 to U17	3.0 km

Multi-Class Athletes	
Age Group Type	Distance
U9 - U10	1.5 km
U11 - U12	2.0 km
U13 - U17	2.0 km

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

## Timetables

Timetables for each Region Cross-Country Carnival will be available on the event page of the website as they are provided to Little Athletics Victoria.

[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 in each event (converted performances are used for Multi-Class events).

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

- (a) Medals will be presented to the first three Teams in each event (converted performances are used for Multi-Class events). **(Teams 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,
  - 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.

## 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 12<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 to compete. A portal will open on Sunday 30<sup>th</sup> July at 6.00pm and close on **Friday 4<sup>th</sup> August at 11am**. After this time, scratching's will only be accepted on the day at Check In, from the Centre Team Manager.

The link to the scratching portal (which will not be open until 6pm on Sunday 30<sup>th</sup> July) can be found [HERE](#).

## **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 will all be 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, each row will be filled by random 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, at their discretion, 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 from the LAVic Rules and Regulations page [here](#).

**Undergarments (tops)** – Athletes may wear an undergarment top (long or short sleeve) under their Centre uniform top as long as it is plain (no patterns or logos) and either the same colour as their Centre uniform OR black OR white.



**Undergarments (bottoms)** – Undergarments (e.g., leggings or bike shorts) worn underneath Centre shorts must be the same colour as the approved Centre uniform OR black OR beige. Undergarments must be plain without patterns or unapproved logos (except for custom garments purchased from the licensed uniform suppliers which may contain the LAVic logo).

Leggings **may** be worn by themselves as outer garments but **must** be either:

- Custom leggings purchased from our approved licenced uniform suppliers, OR
- The same colour as the approved Centre shorts and plain without patterns or unapproved logos, OR
- Plain black without patterns or unapproved logos.



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

Shorts with pockets are not permitted.

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

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

## Parent Duties

The Centre will inform parents, once they are advised from the Region, of the Centre duties that are required to be fulfilled at the Region Cross-Country Carnivals. Further details for Centre duties at the State Cross-Country Championships will be supplied closer to the event. The Centre Team Manager will supply this information and be the point of contact for all Centre enquiries.

## 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 (with the exception of service dogs accompanied by the required paperwork) 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.

Children entertaining themselves with footballs, vortexes, frisbees etc are asked to ensure that they stay well clear of the course and spectators to avoid any chance of accidental injury or interference with the event.

## 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.