Little Athletics Victoria

CROSS COUNTRY
Little Athletics Victoria

Athlete Information Booklet - 2026

Updated 14.07.26

Region Cross-Country Carnivals
Saturday 18th & Sunday 19th July

To be followed by:
State Cross-Country Championships
Lake Dewar,
339 Garrards Lane, Myrniong.
Saturday 15th August 2026

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 Carnivals** are individual Cross-Country events that also serve as qualifying events for the State Cross-Country Championships.

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

REGION	VENUE	ADDRESS	DATE
EMR	T.H. Westfield Reserve, Clifton Hill	Yarra Bend Road, Clifton Hill.	Sat 18th July
GCR	Edwin Flack Reserve, Berwick	79-97 Manuka Road, Berwick.	Sat 18th July
NCR	Moama Recreation Reserve	Perricoota Road, Moama.	Sun 19th July
NMR	Bundoora Park	1069 Plenty Road, Bundoora.	Sat 18th July
SMR	Carrum Downs Secondary College	263 McCormicks Road, Carrum Downs.	Sat 18th July
WCR	Leura Oval, Camperdown	Campbell St, Camperdown.	Sun 19th July
WMR	Bacchus Marsh Grammar (Staughton Vale Campus)	155 Staughton Vale Road, Staughton Vale.	Sat 18th 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 fee 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 (Para) Athletes

Multi-Class athletes must have a provisional or full classification.

The Age group types are **U9-U10, U11-U12 and U13-U17.**

Confirmed Athletes

A confirmed entrants list can be found on our event page (HERE).

Age Group Promotion

There is no age group promotion for this event. 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 slightly depending on the location and layout of the course.*

Timetables & Course Maps

Timetables and Course Maps for each Region Cross-Country Carnival are available on the event page (HERE). Note that courses are subject to change at the discretion of each Region organising committee.

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. Under no circumstances can a team consist of more than 3 athletes**).

Team Composition and Points

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

Check In / Call Room

Call Room times for each event are listed on the relevant Region Timetable. Athletes must be at the Call Room time as listed, in complete uniform, where they will have uniforms checked by the Call Room officials.

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 15th August. This is the only way to qualify for the State Championship event. **There is no appeal/application process for direct entry**.

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.

Running out of Region/Invitational Athletes

Any athletes that have nominated to run "out of Region" will have received a confirmation email. No further nominations to run out of Region or changes to nominated Regions can be accepted now that entries have closed.

Athletes that are running "out of Region" are ineligible to win medals at their event but will still qualify for State Championships provided that they complete the relevant event at their chosen Region.

Scratching (Withdrawing) from State Championships – after Region Cross-Country Carnivals

Athletes who are eligible to compete at the State Cross-Country Championships, will be asked to **scratch (withdraw)** if they do not intend to compete (this assists with the planning of the event and reduces the number of athlete patches that need to be printed). A portal will open on Sunday 19th July at 4.00pm and close on **Thursday 6th August at 11am.** After this time, scratching's will only be accepted on the day at Check In, from the Centre Team Manager(s).

The link to the scratching portal (which will not be open until 4pm on Sunday 19th July) will be added to the State Championship Event page HERE.

Uniforms

Athletes are to wear their approved Centre uniform which conforms to the standards as defined in the LAVic Centre Uniform Booklet (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 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.

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.

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 may allow guide runners for Multi-Class athletes where required. These are to be supplied by the Centres themselves. The Multi-Class guide runners will be required to wear a Fluro vest to identify themselves. Any Centres requiring a guide runner should email brett.johnstone@lavic.com.au prior to the event for confirmation.

Protests

Any disputes/protests must be submitted by the relevant Team Manager(s) to the Referee(s) for consideration. There is no Jury of Appeal for Cross-Country events and the Referee's decision is final.

Parent Duties

Centres have been advised of their Centre duties by their Region and will inform parents if they are required to fulfill a role on the day. The Centre Team Manager is the point of contact for all Centre enquiries.

Venue Restrictions

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 (apart from 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.

As these events are often in Parks and open areas, there may be native wildlife present. Attendees are asked to refrain from approaching or interfering with the wildlife at their venue.

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.

Photos & Videos

When entering, parents/guardians will be asked to acknowledge consent & agree:

- to photographs & electronic images being taken during participation in the Region Cross-Country Carnivals conducted by LAVic & their Regions.
- that such photographs & electronic images are owned by the relevant Little Athletics organisation & they may use these photographs for promotional/other purposes without further consent being necessary.
- to photographs. video content, quotes as well as the child/s name being used by third parties such as the National Naming Rights Partner Coles for general marketing & promotional activities, including publishing online.

* If you do not consent, you are required to notify LAVic via email (nonconsent@lavic.com.au) by the close of entries & abide by their procedures to not be photographed at this event.

These events will not be live-streamed; however, a compilation of footage may be produced for use in promotional reels and social media content.

Please note that there will be athletes competing who are unable to be photographed due to child safety or privacy concerns. As per LAVIC's Child Safe Code of Conduct you may only take photographs or video footage of children and young people involved in Little Athletics if prior approval has been granted by their parent(s)/guardian(s).

Enquiries

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

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