



Little
Athletics
Victoria



Athlete Information

State Cross-Country Championships

LAKE DEWAR, MYRNIONG
Saturday 12th August 2023

Eligibility

Please see the Qualifiers List on our [EVENT PAGE](#) to ensure you are eligible to compete.

How to get there

The event is to be held at Lake Dewar Lodge YMCA, 339 Garrards Rd, Myrniong.

Take the C318 exit towards St Anne's Winery. If you are coming from Melbourne, **do not** take the first 'Myrniong' exit. See attached map for directions.

A Venue Entry Map, Google Map Link, and Event Site Map will all be available on the 2023 State Cross Country Championships [EVENT PAGE](#).

You will be directed where to park when you arrive at the venue. Please follow the instructions of venue staff when parking.

When to arrive

It is suggested you arrive at least an hour before your race to allow time to check in and warm up. All athletes, team managers and parents are permitted to walk the course any time from 9:00am to 10:15am but the course is closed for Competition from 10:15am onwards.

Check In / Race Bib Collection

All athletes are to report to Check In on arrival.

All athletes are required to wear a 2022/2023 Commonwealth Bank competition bib and Coles patch. An athlete competition bib with barcode has been printed and will be available for all competitors to collect from the Athlete check in (these replace your existing bib).

Once an athlete arrives at the venue, they should report to Athlete Check In where their name will be ticked off and highlighted on the start list and a bib/pins will be provided. It is important that the bib is pinned to the front of the athletes approved Centre uniform. **Athletes cannot start in any race without a LAVic barcoded bib.**

Team Managers / family / friends are not able to sign in for or collect a bib on another athlete's behalf.

Athlete Check In opens at 9.00am and will close 30 mins prior to each event. Priority will be given to athletes checking in for events earlier in the program.

Any athletes who arrive at Athlete Check In within 30 minutes of the start time of their race will be directed to the Call Room to collect their bib.

Call Room

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

Athletes must be in correct uniform when arriving at the Call room, however you can have your warmup gear over the uniform. A check of the Commonwealth Bank bib, Coles Patch and uniform will occur in the Call room.

Five minutes prior to the event start time athletes will be taken to a point 20-30 metres behind 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 carriers 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 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.

Where deemed necessary by the Competition Director, we may have a "tortoise" running behind the last athlete in events.

U14, and U15 Races – will be separate age groups, but mixed gender races. If space permits, they will line up on one start line, otherwise we will have 2 start lines with Boys on the first line and girls on the second line.

U16/17 (Combined) Race – this race will have 2 age groups (U16 & U17) and mixed gender. If space permits, they will line up on one start line, otherwise we will have 2 start lines with Boys on the first line and girls on the second line.

Multi-Class Races – All Multi-Class athletes have been scheduled to run with their own gender and will line up with the other athletes in their race.

Course

There are three variations of the course this year:

The U9, U10 and U9-U10 Multi-Class will complete the 1.5km course.

The U11, U12 and U11-U12 and U13-U17 Multi-Class will complete the 2km course.

The U13, U14, U15, U16 and U17 will complete the 3km course.

Course Map

Course Maps will be available on the [EVENT PAGE](#) by 12noon on Thursday 10th August.

Uniform

All athletes competing must wear their approved Centre uniform top and shorts which conforms to the standards as defined in the [Region & State Uniform Guidelines](#).

Leggings or tights may be worn **by themselves** if they are plain black or the same colour as the centre uniform shorts. Logos larger than 4cm x 4cm are not permitted. **If you have 2XU tights** you must wear these inside out as they have large logos.

Undergarment tops may be worn under the Centre top if it is black, white or the same colour as the Centre top. Undergarment leggings or bike shorts may be worn if they are black, beige or the same colour as the Centre shorts.

All undergarments are to be free of visible patterns and logos.

Spikes or football boots **are not permitted** to be worn in any Cross-Country events.

All athletes are required to wear their supplied 2022/23 Commonwealth Bank competition bib and Coles patch at this event.

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 Call Room.

Merchandise

If you pre ordered a State Cross Country Long sleeve top, you may collect this from the Merchandise tent located on the deck. Caitlin Serle will be available to facilitate collection from 10am onwards. There will also be merchandise sales available.

Presentations

Following each race, the top eight placegetters will be held at the finish line and walked to presentations.

Multi-Class presentations will occur once the results have been calculated using the Baseline standards. These athletes are to remain near the finish line area to proceed to presentations once called over the PA.

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

Medals/Ribbons

Medals will be presented to the first three individual placegetters in all events, including Multi-Class with ribbons to be awarded to fourth to eighth placegetters.

Medals will be presented to the top 3 Centre Teams (3 athletes only per team) for the State Cross Country Championship Team Events.

Athletes withdrawing from a race

If an athlete withdraws during a race for medical reasons, 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 or Referee 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.

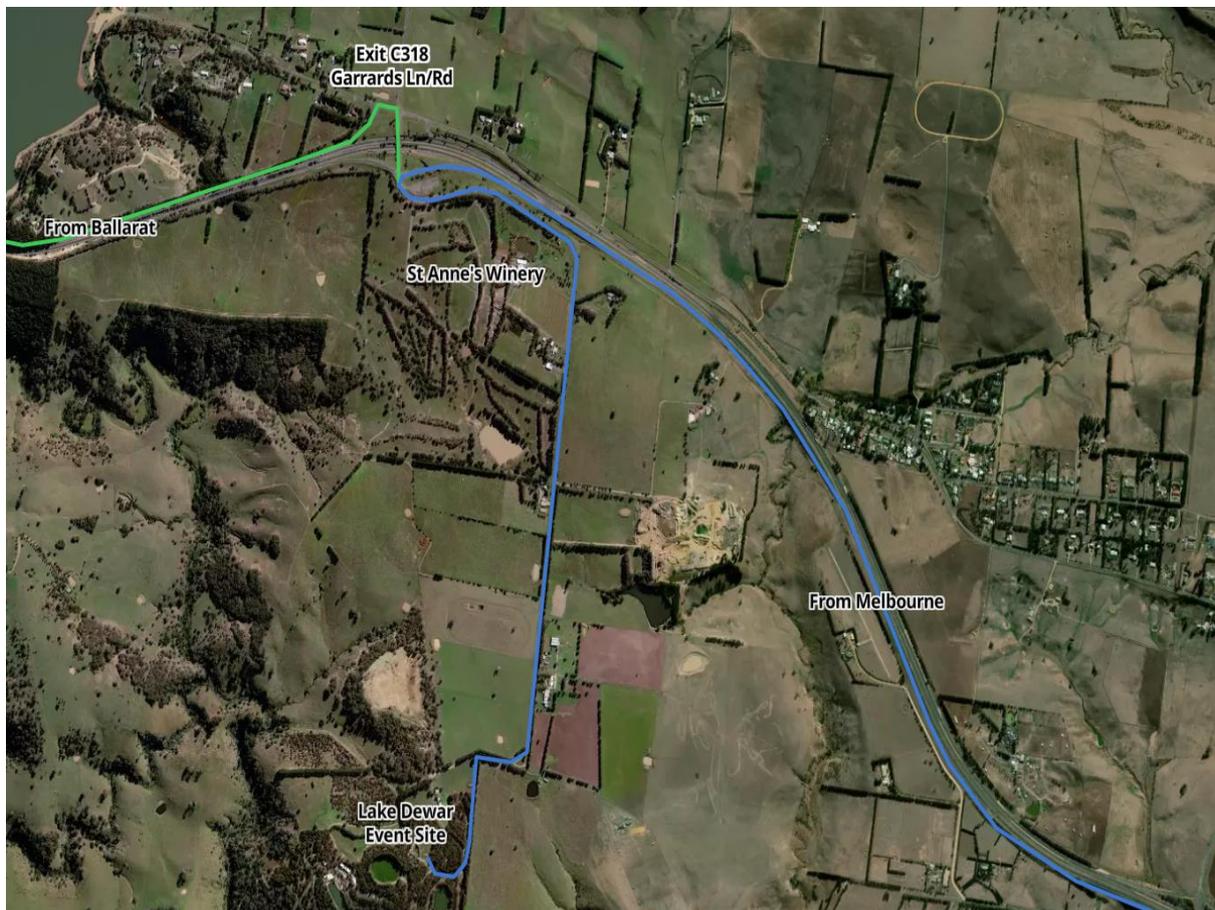
Extra Assistance or Parent Runners

If your child requires any special assistance at the start line or during the race, please contact office@lavic.com.au prior to the event.

NO DOGS: Dogs are not allowed within Lake Dewar.

NO SMOKING: Smoking is not permitted within 10m of the Lake Dewar property.

Event Entry Directions:





2023 State Cross-Country Championships

Final Timetable

Saturday 12th August 2023
Lake Dewar, Myrniong

Final Timetable

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

Event	Call Room Time	Event Start Time	Age Group	Gender	Distance
1	10.15am	10.30am	U13	Boys	3km
2	10.35am	10.50am	U13	Girls	3km
3	11.00am	11.15am	U14	Boys/Girls	3km
4	11.25am	11.40am	U15	Boys/Girls	3km
5	11.45am	12.00pm	U16&U17	Boys/Girls	3km
6	1.00pm	1.15pm	U9	Boys	1.5km
7	1.00pm	1.15pm	U9-U10 Multi-Class	Boys	1.5km
8	1.15pm	1.30pm	U9	Girls	1.5km
9	1.30pm	1.45pm	U10	Boys	1.5km
10	1.45pm	2.00pm	U10	Girls	1.5km
11	2.05pm	2.20pm	U11	Boys	2km
12	2.05pm	2.20pm	U11-U12 Multi-Class	Boys	2km
13	2.05pm	2.20pm	U13-U17 Multi-Class	Boys	2km
14	2.20pm	2.35pm	U11	Girls	2km
15	2.20pm	2.35pm	U13-U17 Multi-Class	Girls	2km
16	2.40pm	2.55pm	U12	Boys	2km
17	2.55pm	3.10pm	U12	Girls	2km

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