



Little
Athletics
Victoria



Athlete Information

State Cross-Country Championships

LAKE DEWAR, MYRNIONG
Saturday 6th August 2022

Eligibility:

Please see the Qualifiers List on our [Event Page](#) to ensure you are eligible to compete. If you are not on this list, but completed the course at Regions, please contact LAVic ASAP.

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're coming from Melbourne, **do not** take the first 'Myrniong' exit. See the below maps for directions.

A Venue Entry Map, Google Map Link, and Event Site Map are all available on the 2022 State Cross Country Championships [Event Page](#).

You will be directed where to park when you arrive at the venue.

When to arrive:

It is suggested you arrive at least an hour before your race, keeping in mind, all athletes, team managers and parents are permitted to walk the course any time from 9:00am to 10:15am.

Check In:

All athletes are required to wear their 2021/22 Commonwealth Bank competition bib and Coles patch to this event. 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. Those members without a bib, or who have a bib without a barcode will be provided with one at check in. Athletes cannot start in any race without a bib. Team Managers are not able to sign in for or collect a bib on an athlete's behalf.

Course Map:

Course Maps can be viewed on the [Event Page](#), as well as at the end of this document.

Provisional Timetable

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	Boys/Girls	3km
6	1.00pm	1.15pm	U9	Boys	1.5km
7	1.15pm	1.30pm	U9	Girls	1.5km
8	1.30pm	1.45pm	U10	Boys	1.5km
9	1.45pm	2.00pm	U10	Girls	1.5km
10	2.05pm	2.20pm	U11	Boys	2km
11	2.20pm	2.35pm	U11	Girls	2km
12	2.20pm	2.35pm	U11-U12 Multi-Class	Boys/Girls	2km
13	2.20pm	2.35pm	U13-U16 Multi-Class	Boys/Girls	2km
14	2.40pm	2.55pm	U12	Boys	2km
15	2.55pm	3.10pm	U12	Girls	2km

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

Call Room:

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

Athlete Check In opens at 9.00am and will close 30 mins prior to each event. Any athletes who arrive at Athlete Check In within 30 minutes of the start time of their race will be directed to see the Starters Assistant and collect their bib, if required at the Call Room. Athletes cannot start in any race without a bib.

Athletes must be in correct uniform when arriving at the Call room, however you should have your warmup gear over the uniform. A check of the bib 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 in the U9 – U12 age groups 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.

The younger age groups will have a tortoise running behind the last athlete.

U14, U15 and U16 Races – will be separate age groups, but mixed gender races and have 2 start lines. Boys will line up on the first line and girls will line up on the second line.

U13 Races – depending on Athlete Check In, could collapse into a mixed gender race, that will be decided 30 minutes prior to the start time and then adjusted accordingly.

Multi-Class Races – All Multi-Class athletes will line up on the second start line. Some Multi-Class athletes will have guide runners on the course with them, additionally there will be a tortoise with the last athlete.

Course

There are three variations of the course this year, the maps of which are viewable at the end of this document.

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

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

The U13, U14, U15, U16 and U13-U16 Multi-Class will complete the 3km course.

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 2021/22 Commonwealth Bank competition bib and Coles patch to 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 start line.

Merchandise:

If you pre ordered a State Cross Country Long sleeve top, you may collect this from the Merchandise tent located on the deck. Andrew Pryn will be available to facilitate collection from 9-10am and 12-1pm, with limited opportunities for collection available between presentations. There will be no merchandise sales.

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. 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:

Medals will be presented to the first three placegetters in all events, including Multi-Class with ribbons to be awarded to fourth to eighth placegetters. Medals will be presented to the top three athletes in the top 3 Centre Teams for the State Cross Country Championship Team Events.

Athletes withdrawing from a race:

If an athlete withdraws during a race for medical reasons, St Johns 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, Referee or Technical Delegate/Meet Manager 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.

2022 State Cross Country Championships

1.5km Course



2022 State Cross Country Championships

2km Course



2022 State Cross Country Championships

3km Course

