Little Athletics Victoria

CROSS COUNTRY
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Athlete Information

State Cross-Country Championships

LAKE DEWAR, MYRNIONG
Saturday 15th August 2026

Eligibility

Only athletes that completed the course at their 2026 Region Carnival are eligible to compete at this event. A list of qualified entrants is available from our EVENT PAGE.

How to get there

The event is being held at Lake Dewar Discovery Camp, 339 Garrards Ln, 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 at the end of this booklet for directions.

Entry to the venue can be found on Google Maps HERE.

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 Coles patch on their Competition top. 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 Commonwealth Bank 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 cannot 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 issued Race bib, Coles Patch and uniform will occur in the Call room. Athletes not in correct uniform will not be allowed to compete.

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 an Age Group that runs the same distance and will line up with the other athletes in that race. Ben Spiteri will be available at this event as the Multi-Class Manager for any multi-class questions/requirements.

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 are available on the EVENT PAGE.

Uniform

All athletes competing must wear their approved **Centre** uniform top and shorts which conforms to the standards as defined in the Centre Uniform booklet which is available on the LAVic Rules and Regulations page (HERE).

Leggings or tights may be worn **by themselves** if they are plain black or the same colour as the centre uniform shorts. Only approved LAVic logos and/or one manufacturer logo under 40cm2 are permitted on shorts or leggings.

Undergarment tops may be worn under the Centre top if it is plain (no patterns or logos) black, white, beige or the same colour as the Centre top.

Undergarment leggings or bike shorts may be worn if they are a single colour - black, white, beige or the same colour as the Centre shorts. One visible manufacturer logo of up to 40cm2 is permitted. Custom shorts/leggings purchased from one of LAVic's licensed suppliers with the LAVic logo can also be worn as undergarments.

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

All athletes are required to wear their Coles patch at this event. Athletes will be issued a competition bib at check in which must also be worn (this replaces the existing Commonwealth Bank bib usually worn during the 25/26 season).

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.

Event Shirts

If you purchased an Event Shirt for collection, these will be available from the Merchandise tent from 10:00am until 2:30pm.

A limited stock of shirts, along with some additional merchandise items will be available for purchase during this period.

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.

Food & Drinks

The following food/drink vendors will be in attendance:

- "Tilly's Cup" coffee van.
- "Mr Twisty" Food Van
- Bacchus Marsh LAC BBQ

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:

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Final Timetable

Saturday 15th August 2026
Lake Dewar

Athletes are to be at the marshalling area near the start line at least 15 minutes before the scheduled start of the relevant event.

Event No(s)	Marshal Time	Event Start Time	Age Group	Gender	Distance
1	10.15am	**10.30am**	**U13**	Boys	3km
2	10.40am	**10.55am**	**U9**	Boys	1.5km
3	10.55am	**11.10am**	**U13**	Girls	3km
4	11.20am	**11.35am**	**U9**	Girls	1.5km
5,6	11.35am	**11.50am**	**U14**	Boys/Girls	3km
7	12.00pm	**12.15pm**	**U10**	Boys	1.5km
8	12.00pm	**12.15pm**	**U09-10 Multi Class**	Boys	1.5km
9,10	1.00pm	**1.15pm**	**U15**	Boys/Girls	3km
11	1.25pm	**1.40pm**	**U10**	Girls	1.5km
12,13,14,15	1.40pm	**1.55pm**	**U16 & U17**	Boys/Girls	3km
16	2.05pm	**2.20pm**	**U11**	Boys	2km
17	2.25pm	**2.40pm**	**U11**	Girls	2km
18	2.45pm	**3.00pm**	**U12**	Boys	2km
19	2.45pm	**3.00pm**	**U11-12 Multi Class**	Boys	2km
20	2.45pm	**3.00pm**	**U13-17 Multi Class**	Boys	2km
21	3.05pm	**3.20pm**	**U12**	Girls	2km
22	3.05pm	**3.20pm**	**U11-12 Multi Class**	Girls	2km
n/a	n/a	n/a	U09-10 Multi Class	Girls	1.5km
n/a	n/a	n/a	U13-17 Multi Class	Girls	2km

**The course will be open from 9.00am until the first event Marshals at 10.15am.*