



Centre Information

**State Cross-Country Relay
Championships**

**Cruden Farm, Langwarrin
Saturday 24th June 2023**

The State Cross-Country Relay Championships is a Teams event, where 3 athletes complete a Relay over a Cross-Country course.

The distances are less than the individual Cross-Country distances to allow greater flexibility and formation of Teams.

Athletes do not carry a baton; they start and finish within a transition zone.

Date: Saturday 24th June

Venue: Cruden Farm, enter via Cranhaven Rd, 60 Cranbourne-Frankston Rd, Langwarrin. Car parking is via Cranhaven road only.

Google Maps: [Click Here](#)

Events and Team Composition

The Team must consist of 3 athletes from the same gender, except for Multi-Class. Athletes can only run one leg of a Relay, and athletes cannot compete in more than one Team.

Age Group	Leg Distance	Total Distance
U9, U10	1.0 km	3.0 km
U11, U12	1.5 km	4.5 km
U13, U14, U15, U16, U17	2.0 km	6.0 km

Note: the U13, U14, U15, U16 & U17 will complete 2 laps of the 1km course.

Multi-Class		
Age Group	Leg Distance	Total Distance
U9 - U10	1.0 km	3.0 km
U11 - U12	1.5 km	4.5 km
U13 - U17	1.5 km	4.5 km

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

Please note: the map of the course could change due to the conditions of the venue, it will also be assessed on the day.

The Centres/Regions must submit the names of athletes comprising each Team for each event to the Organising body prior to closing date and time of entries. This is completed in the online portal.

The athletes must be financial registered competitive members in their correct age group by the close of entries, in this case, it is when the online portal is closed.

A **Team Change Form** will be available on the day from the Team Managers Sign In marquee, athletes will be checked for registration eligibility. **The Team changes closes 30mins prior to the event start time.**

The Centre/Region Team Manager must validate and sign Centre Team sheets at the conclusion of each event.

Substitute athletes are subject to the same eligibility requirements as the initial athletes named in the team – i.e. they must be financial registered competitive members in their correct age group by the closing date of entries.

If a dispute arises as to the eligibility of any athlete in a Team to compete the event will be run at the advertised time with the listed Teams and the Team Manager of the Team in dispute will be informed that the Team may be disqualified if it is subsequently found that any athlete in the Team was ineligible to compete.

Multi-Class

Multi-Class athletes must have a provisional or full classification. When entering the Team in the online portal, you will be required to list the classification for each athlete to submit the Team.

The Multi-Class Teams must consist of 3 athletes, they can be a Mixed Team of any combination of boys and girls, or all from the same gender.

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

Age Group Promotion

- Except for an athlete promoted to a higher age group, 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.
- Athletes can be promoted as follows:
 - a)** All age groups except Multi-Class, no more than 2 age groups
 - b)** Multi-Class athletes can be promoted into all available age group types.
- A Team may consist of any combination of age groups providing at least one athlete in the Team must be in the age group for which the Team is entered, and no athlete will have been promoted more age groups than permitted.
- A promoted athlete must be listed in a Team on the Team sheet as a promoted athlete.

Region Teams

A Centre must make every attempt to form Relay Teams using athletes from their own Centre, including age group promotion. If there are still athletes wishing to compete but cannot form a Centre Team, then a Region Team may be formed with athletes from other Centres within the **same** Region in the same situation. Each Team will be subject to the following:

- Regions must submit the names of athletes comprising each Team for each event to the Organising body prior to closing date and time of entries.
- Team composition and age group promotion as per Centre Team composition above.

Region Uniform

Region teams are required to wear Region uniform.

Start Lines

There will be separate start lines and transition zones for the Boys and Girls.

The Races will be separated by **1 minute**, with the Boys going first and the Girls following, 1 minute later.

Where there are more athletes than can be placed in a single row, the first row will be filled with athletes placed in draw order. The second row will also contain athletes in 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 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.

Protests

There is no Jury of Appeal. The Referee's decision is final.

Athlete supervision

Cruden Farm has strict protocols regarding the use of their property. Any damage or access to restricted areas will not be tolerated. There are dams around the venue that present a safety risk to unsupervised children, it is essential that all children remain within the LAVic competition area of the start line and along the course, all other areas are out of bounds. Centres will be responsible for any damage caused by their athletes.

Timetable

The course will be open from 8.30am until first marshal time at 10.15am.

All Team Managers are required at the start line approximately 30 minutes before the start of the first event for a short briefing at 10.00am.

Event	Marshal Time	Event Start Time	Age Group	Gender	Distance
1	10.15am	10.30am	U9	Boys	3 x 1km
		10.31am		Girls	3 x 1km
2	10.45am	11.00am	U10	Boys	3 x 1km
		11.01am	U10, U9-10 Multi-Class	Girls	3 x 1km
3	11.15am	11.30am	U13, U16 & U17	Boys	3 x 2km
		11.31am		Girls	3 x 2km
4	12:00pm	12.15pm	U14 & U15	Boys	3 x 2km
		12.16pm		Girls	3 x 2km
5	1.15pm	1.30pm	U11	Boys	3 x 1.5km
		1.31pm	U11, U11-U12 & U13-U17 Multi-Class	Girls & MC	3 x 1.5km
6	1.45pm	2.00pm	U12	Boys	3 x 1.5km
		2.01pm		Girls	3 x 1.5km

Note: The program is subject to change on the day in consideration of the safety of all athletes

Start Line Process

All athletes will present to the marquees next to the start line area 15 minutes prior to the start of the event for a briefing. There are separate start line areas for the boys and girls.

The races will start **1 minute apart**, with the Boys first, followed by the Girls, 1 minute later.

The first runner from each Team will be ticked off by the **start marshal** in the marquee near the start line, the second and third runners will be in separate marquees within the transition zone. Parent recorders will be near the timekeeper's marquee at the start / finish line and will have a clipboard and Team recording sheet.

Each athlete will be wearing a number on the front of their uniform. The number will be the Team number.

During the Race

When an athlete is finishing their leg, the **takeover zone assistant** will call for the next runner to move into the transition zone as their Teammate is coming. Athletes are required to tag / touch hands in the transition zone before the next athlete can commence.

When the runners reach the transition zone, the **timekeeper** will shout out the overall race time.

The parent recorder from that Team will record the **finish** time of the athlete on their recording sheet.

Finish Line Process

When the last athlete crosses the finish line, the **timekeeper** will shout out the finishing time and record their time. The recorders write the **finish** time next to the last athlete on their Team sheet.

Note: The times recorded by the recorders for the athletes are not the official times, they are only used to supply spilt times for the athletes and not used to determine the places or official times. This is done by the timekeeper and place judge.

The **place judge** will determine the finish position of each of the athlete as they cross the line by calling out which position, they finished.

The athlete will then be handed a place disk by the **takeover zone assistant**, assisted by the **finish line coordinator**. The finish line coordinator will then direct the athlete through the exit past the finish line, back into the athlete zone.

The athlete will take the place disk to the **official recorder**; show them their Team number and finishing position. The **recorder** will write this number on their sheet and the athlete will put the place disk on the table next to the recorder.

Once all athletes have crossed the finish line, the **timekeeper** prints off the timing receipt and attaches it to the recording sheet.

The parent recorders will take their Team sheet and clipboard back to the Team Managers Sign In Marquee and drop them off into the relevant trays.

The clipboards can be collected for the next race, according to the number of teams entered, please do not hold onto the clipboards.

The **Referee** will then work out the Top 3 Teams from the Official Results, complete the Presentation Slip. The **Results runner** will take the official results to the **Results Manager**, and the presentation slip and the 3 Teams up to the Presentation area.

Team Managers Role

It is the responsibility of the Team Manager to ensure the athletes get to the start line area before the start of their race. Be in correct uniform and have their Team numbers attached to the front of their uniform top. They also are required to ensure all parent recording duties are fulfilled.

It is recommended that as the next event will be marshalling while the current event is still in progress, the Team Managers give the recording duties to the parents, so they can organise the Teams, supply the recording sheets to the recorders (parents) and supply the Team numbers to the athletes.

As the clipboards are being used in the current race, they are collected at the end of the race, prior to the next race beginning. Please do not hold onto them.

If you have multiple Teams competing at the same time, it is essential that you delegate the responsibility of Team recording to a parent of an athlete in each Team. It is very difficult for one person to record for multiple Teams at once.

Presentations

Presentations will be conducted next to our 'food court area' as soon as the results are collated. The top 3 Teams will be taken to the presentation area by the results runner. The Presentation Manager and CEO will organise the presentations, the athletes will be presented with ~~a set~~ medals.

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 [here](#).

Club uniforms are not permitted.

All uniforms must have the Coles patch sewn on, above the LAVic logo. Athletes do not need to wear the Commonwealth Bank Bib, as they will be given a number to put on the front and back of their uniform.

Spikes are not permitted at any LAVic Cross-Country event.

Undergarments - tops in Black, white, or approved colour t-shirts and long sleeves may be worn **under** the approved Centre top.

Undergarments – bottoms in Black, beige, or approved colour leggings or bike shorts may be worn **under** the approved Centre shorts. **Undergarments, must be plain and not have any logos.**



Leggings or tights **may be** worn by themselves but **must** be the same colour of the approved Centre bottoms, except for the Cross-Country season **only**, where they may be plain black.

Leggings must be plain and not have any logos.

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

Shorts with pockets are not permitted.

Logos larger than 40mm x 40mm are not acceptable.



Facilities

Portable Toilet facilities are available at the venue near the food court area.
Coffee vans, and a food van will be in our food court area.

Cruden Farm is a non-smoking venue.

Dogs are not permitted within the venue. Dogs are not permitted at any Little Athletics Victoria event. Spectators will be asked to leave if they arrive with a dog.

Non-Consent Athletes

If there are any athletes competing that are “non-consent”, they cannot be photographed. They will be wearing their multi-coloured wristband, and their team number will have a red line under the number.

Links

[Team Entry Portal](#)

[Team Manager Portal](#)

Thanks, and good luck for the day, dress warm.