



Information for Attendees

**State Cross-Country Relay
Championships**

**Cruden Farm, Langwarrin
Saturday 8th June 2024**

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 8th 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 teams which can consist of any combination of boys and girls or all one gender. 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: 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 slightly depending on the location and layout of the course.

Please note: the map of the course will be assessed prior to and on the day of the event and is subject to change due to the conditions of the venue.

Athletes wishing to compete should contact their Centre representative.

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 area. Athletes will be checked for registration eligibility. **Team changes must be made no later than 30mins prior to the relevant event start time.**

The Centre/Region Team Manager must validate and sign Centre/Region 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/time 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.

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 unable 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 below.

Region Uniform

Region teams are required to wear Region uniform.

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.

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 at their discretion 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 the first event 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	U12	Boys	3 x 1.5km
		10.31am		Girls	3 x 1.5km
2	10.45am	11.00am	U11	Boys	3 x 1.5km
		11.01am	U11 Girls and U11-12/U13-17 Multi-Class	Girls + MC	3 x 1.5km
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	12.45pm	1.00pm	U10	Boys	3 x 1km
		1.01pm	U10 Girls and U9-U10 Multi-Class	Girls & MC	3 x 1km
6	1.15pm	1.30pm	U9	Boys	3 x 1km
		1.31pm		Girls	3 x 1km

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 marshalling area near 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.

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.

Finish Line Process

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

The finishing 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.

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.

Timekeepers will record times for each team finishing and provide these times to the recorder at the end of the race to attach to the recording sheet. The recorders write the **finish** time next to each team on their Team sheet.

The **Referee** will then work out the Top 3 Teams from the Official Results and 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.

PLEASE NOTE: *Split times will no longer be officially recorded for each athlete. This is consistent with all other LAVic Relay Competitions and will reduce the workload for Centres and congestion at the finish line. The only times recorded by LAVic will be the overall time for each team.*

Team Managers Requirements and Role

Each Centre/Region entering one or more teams is required to nominate 1 (minimum) or 2 (maximum) Team Managers for the event. Team Managers must hold valid child safe credentials (WWC/VIT/Vic Police/Federal Police) and have these credentials in their possession during the event.

It is the responsibility of the Team Manager to ensure the following:

- Ensure all Team Change Forms are lodged at the Team Manager Sign In Marquee at least 30 minutes prior to the relevant event.
- Athletes get to the marshalling area at the correct time.
- Athletes are in correct uniform and have their Team numbers attached to the front of their uniform top.
- Act as the sole representative for any disputes relating to their team(s).

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 medals.

Uniforms

Athletes in Centre teams are to wear their approved Centre uniform which conforms to the standards as defined in the LAVic Centre Uniform Booklet ([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 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.
A Coffee van, donut van and BBQ will be in our food court area.

Cruden Farm is a non-smoking venue.

Dogs (with the exception of Service Dogs with appropriate paperwork) 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

There may be athletes competing that are “non-consent”, which means that they cannot be photographed under any circumstances. Anyone taking photos should only take photos of their own children unless they have permission to photograph another child.

Entering the venue

Entry is via Cranhaven Road only. Athletes and their families are welcome to start arriving from 8:30am. If there is a queue waiting to get in, please be mindful of neighbouring properties and ensure that residents are able to get in/out of their properties.

Please follow the directions of the car park attendants on site to ensure that we park in the correct places and minimise delays.

After parking, access to the course is through one of three gates between the carpark and the course. Please follow any directions given by officials on the day.

Ball/Throwing Sports

Please refrain from bringing footballs, vortexes, frisbees etc. These are potentially hazardous to athletes on the course and can interfere with the event.

Damage to property

Please ensure that all care is taken to ensure no damage is done to any part of the property, including buildings, fences, trees and gardens. If any damage does occur, please report this to the Administration building.

Out of Bounds areas/Electric Fences

Attendees are not permitted on the manicured lawns around the main building. If anyone is planning to bring your own marquee, these must be carried through the access points mentioned in the section above (please do not take "shortcuts" through the lawns).

For their own safety, attendees are not permitted to be in or around the dams on the property. Please ensure that you supervise young children in your care to ensure that they don't wander off.

There are several electric fences on the property. Whilst those around the area we are using will be switched off, please treat any fence with yellow signage on it as not all fences on the property will be switched off. Once again, please ensure that you supervise children in your care.

Warm-up areas

Warm-ups may be done along the road between the carpark and the course. This road will be closed to traffic but please be aware of people crossing the road to get to/from the carpark. Warm-ups may also be done on the outside of the course. Please ensure that you don't interfere with events by running onto or across the course.

Warm-ups are **NOT** to be done on the lawns of the main building area.

Food Court

There will be a coffee van, food van and BBQ available in the food court area.

Water/Drinks

Please bring your own drink bottle/water. LAVic will not be providing water but there are 2 taps available at the venue for refilling if required.