



Little
Athletics
Victoria



Team Manager Booklet

State Cross-Country Championships

LAKE DEWAR, MYRNIONG
Saturday 6th August 2022

Arrival

The event is to be held at Lake Dewar Lodge YMCA, 339 Garrards Rd, Myrniong. See the below maps for directions. You will be directed where to park when you arrive at the venue. There will be no special car park for officials or team managers this year. All cars are to be parked in the main car park.

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

Check In *(Team Managers and Athletes)*

Upon arrival at Lake Dewar, Team Managers will be required to check in at the Communications area and collect your Team Manager accreditation. It is recommended that you do this by 9:30am to leave enough time to set up your Centre area and attend the Team Manager Meeting.

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.

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.

Meeting

The Team Managers meeting will be held at the finish line area at 9:50am. All Team Managers are required to attend so that the processes for the day are understood.

Centre Tents

Centres are permitted to set up tents or banners in the designated areas beside the finish chute. This area will be marked by LAVic.

Athletes Competing

See the list of competing athletes from your Centre on the [Event Page](#).

Scratching

Following closure of the scratching portal, all additional athlete scratchings should be advised to the call room on the day of the event.

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.*

Centre Duties

A list of duties which Centres are responsible for has been sent to Centres and Team Managers last week. If you are unsure of your role, please contact Debbie Baskin or Nathan McConchie at LAVic.

Injured Athletes during the race/withdrawing athletes

If an athlete decides to withdraw during the race, they are to go to the next marshal, who will then inform the Competition Director. If an athlete is injured during the race the marshal will call for first aid and then inform the Competition Director. The athlete will then be collected from the marshalling point by either the Competition Director, Technical Delegate/Meet Manager or Referee who will bring them back to the finish area, the Team Manager will then be called to collect the athlete.

If the athlete cannot walk themselves, St Johns 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.

2022 State Cross Country Championships

1.5km Course



2022 State Cross Country Championships

2km Course



2022 State Cross Country Championships

3km Course

