****

**2023 BELLARINE AND GEELONG NORTH DIVISION**

**CROSS COUNTRY CHAMPIONSHIPS**

**COMPETITOR and PARENT INFORMATION**

**Tuesday 23rd May 2023 at Eastern Gardens GEELONG**

**PROGRAM**

* ***Competitors can expect to be called to the marshalling area 15 minutes prior to the advertised starting time for their event.***
* ***Presentations to the first ten placegetters and the distribution of the ‘Region Information Sheet’ for those who qualify for the Region Cross Country Championships will follow as soon as possible after the results for each race are finalised.***

10:15 GEELONG NORTH Boys 9/10 Years Old event and the combined Divisions Boys Multiclass (students with a disability) event (2 kms)

10:20 BELLARINE Girls 9/10 Years Old event and the combined Divisions Girls Multiclass (students with a disability) event (2 kms)

10:35 BELLARINE Boys 9/10 Years Old event (2 kms)

10:40 GEELONG NORTH Girls 9/10 Years Old event (2 kms)

10:55 GEELONG NORTH Boys 11 Years Old event (3 kms)

11:00 BELLARINE Girls 11 Years Old event (3 kms)

11:20 BELLARINE Boys 11 Years Old event (3 kms)

11:25 GEELONG NORTH Girls 11 Years Old event (3 kms)

11:45 GEELONG NORTH Boys 12/13 Years Old event (3 kms)

11:50 BELLARINE Girls 12/13 Years Old event (3 kms)

12:10 BELLARINE Boys 12/13 Years Old event (3 kms)

12:15 GEELONG NORTH Girls 12/13 Years Old event (3 kms)

The ages for the events are calculated on 31st December 2023 (i.e. the age they turn this year determines the group they run in.) SSV rules state that children must be born in 2013 or 2014 to compete in a 9/10 year old event. **The events are in the 9/10, 11 and 12/13 age groups.** *They aren’t “Under …” groupings as they are often called.*

All competitors must have their competition number clearly marked and underlined on the back of the right hand. It is the responsibility of the competitor’s ‘supervisor’ to ensure the child has the number written on their hand **before** reporting to the marshalling area. *A copy of the competitors’ numbers will be on display in the rotunda.*

**Children suffering from asthma, other respiratory problems or may suffer an anaphylactic reaction must carry their medication with them while running and are expected to know how to self-administer their medication i.e. inhalers and EpiPens must be carried by the student while running.**

**Students who are unwell or recovering from an illness or injury should not compete unless they have a medical clearance, and their parent/guardian is confident their child can complete the course at a pace that is compatible with their ‘best’ without becoming distressed or reinjuring themselves. Please note, this includes students who have a cast, brace, or splint.** Students who do not compete due to health reasons may qualify to receive an invitation to participate in the Region event.*The SSV Invitation guidelines can be found on the SSV website.*

**To ensure the wellbeing of competitors, course marshals will be instructed to withdraw students who obviously appear to be having trouble completing the course.**

*While at the venue, every student must be always supervised by a responsible adult.*

***GENERAL INFORMATION***

* The SSV rules for Cross Country are:
  + For all races except the Multiclass (athletes with a disability) races, competitors are not to have direct contact with parents, coaches, teachers, etc. from when they enter the marshalling area until after finishing the race.
  + “*Athletes being paced are subject to disqualification. Checkpoint officials have the power to disqualify competitors who deviate from the course to gain an advantage or who are not putting in a reasonable effort (i.e., they are walking) or who are being ‘paced’ by a coach/spectator.”*
* The next level of competition, the Western Metropolitan Region event, will be held at Brimbank Park Keilor on Monday 19th June 2023.The primary sector events are run in the morning session.
* Invitations to compete in the Western Metropolitan Region Championships will be given to the first twelve placegetters in all events.
* **If a child qualifies for the Region event and knows they will be unable to compete on 19th June, the student/teacher/parent is to inform the official presenting the ribbons before the Presentation Ceremony so the replacement can be advised and given the information on the day.**
* Competitors must wear their school sports uniform or school polo top/windcheater when competing.
* First to tenth placed runners will receive a ribbon.
* The placings of all competitors will be posted on the SSV website as soon as possible after the event.
* It is highly unlikely that the decision to postpone the Championship will be made on the day of the event. If the forecast weather or track conditions are expected to be too bad to conduct the event, the decision to postpone the event, or change the venue, will be made no later than lunchtime on the day prior to the event. Once the event commences, the remaining races will not be postponed to another day unless there are exceptional circumstances. If the weather turns ‘bad’, it can be expected that the remaining races will commence earlier than advertised time or the program stopped until the weather improves, and it is safe to restart the program.
* Competitors are advised to arrive at the venue at least 20 minutes prior to the marshalling time in case the race starts earlier than advertised and to ensure they have sufficient time to warm up properly.
* Legal parking close to the marshalling area is limited so parents are advised to ensure they check the CoGG signs (indicating whether parking is permitted) before parking their car.
* A qualified First Aid person will be in attendance to **treat injuries and medical conditions suffered by competitors during the race**. Their role does not include preventative strapping.
* Students with a respiratory condition or who have a known anaphylaxis condition must bring their medication with them and carry it with them during the race. The First Aid person is not expected to provide an asthma inhaler, or a similar type of medication, for students who are known to have respiratory problems or an EpiPen for a student who is known to possibly have an anaphylactic reaction.
* As photos may be taken for publicity purposes or at presentation ceremonies, all competitors and their parents/guardians will be considered to have agreed to abide by the SSV Privacy Policy unless your child’s Division Coordinator is otherwise advised, in writing, by the parent/guardian at least 48 hours prior to the event.

*For further information about the event, your first contact should be your school’s Sport Coordinator. If he/she is unable to answer the question, please contact your Division Coordinator.*

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