

2025 Combined Primary & Secondary Region Cross Country Event Information

Conveners: Ellie Cuttriss (Secondary) & Steve McKerrow (Primary)
Venue: Lord Nelson Park, St Arnaud
Date: Tuesday 27th May 2025

EVENT SCHEDULE

Note: competitors must arrive at the venue no later than 45 minutes prior to their scheduled event time to allow for race bib collection, self-guided warm up & marshalling at the starting line.

Event No.	Time	Age Group(s)
Up to 9:45am		Athletes permitted to walk the course
SECONDARY EVENTS		
1	10:10am	Boys/Mixed 17-20 5000m
2	10:20am	Boys/Mixed 16 5000m
3	10:35am	Girls 17-20 3000m
4	10:50am	Girls 16 3000m
5	11:05am	Boys/Mixed 12/13 Secondary 3000m Boys/Mixed Multi Class 12-14 3000m
6	11:20am	Girls 12/13 Secondary 3000m Girls Multi Class 12-14 3000m
7	11:35am	Boys/Mixed 14 3000m Boys/Mixed Multi Class 15-16 3000m
8	11:50am	Girls 14 3000m Girls Multi Class 15-16 3000m
9	12:05pm	Boys/Mixed 15 3000m Boys/Mixed Multi Class 17-20 3000m
10	12:20pm	Girls 15 3000m Girls Multi Class 17-20 3000m
PRIMARY EVENTS		
11	1:00pm	Boys/Mixed 12/13 Primary 3000m
12	1:15pm	Girls 12/13 Primary 3000m
13	1:30pm	Boys/Mixed 11 3000m
14	1:45pm	Girls 11 3000m
15	2:00pm	Boys/Mixed 9-10 2000m Boys/Mixed Multi Class 9/10, 11, 12/13 2000m
16	2:15pm	Girls 9-10 2000m Girls Multi Class 9/10, 11, 12/13 2000m

ON THE DAY

- 1 Arrive **at least** 45 minutes prior to your scheduled race time
- 2 Collect your race bib, pin it to your running top!
- 3 Listen for announcements for marshalling
- 4 Head to the start line & good luck!

Details

- Students should be aware of the age group they are competing in (age groups are determined by their age as of 31st December 2025 unless competing up an age group).
- **Competitors must arrive at the venue no later than 45 minutes prior to their scheduled event time** to allow for race bib collection, self-guided warm up & marshalling at the starting line. Please note 12/13 Years' Primary and 12/13 Years' Secondary events are separate races, and you should double-check your event time according to whether you are a primary student or secondary student.
- Athletes will be required to collect a race bib (complete with a timing chip) prior to their event from the pavilion overlooking the football ground.
- **Competitors can collect their race bib approximately one hour prior to the scheduled start time of the race they are competing in.**
- The race bib will need to be pinned to the FRONT of the competitors' shirt that they are running in (as seen on students competing below).
- After collecting your race bib, athletes/parents/schools need to listen for PA announcements calling to marshal at the start line. If an athlete is unsure as to whether their event has been announced, they can make their way to the start line 10 minutes prior to the advertised start time for their event and make themselves known to SSV staff.
- No warming up is permitted on the course; however, the course can be walked at the beginning of the day (see schedule).



YOUR RACE

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| 1 | For <u>site and course maps</u>, please see the next page. |
| 2 | Return your bib at the finish line |
| 3 | Presentations for placegetters and live results via QR code |
| 4 | Top 12 individuals progress to the State Championships |

Details

- The course (see next page) will be marked and SSV officials will be located on checkpoints around the course. Should a student require assistance or first aid they should seek the attention of one of the course marshals wearing a yellow fluoro vest.
- First Aid will be available for students impacted by injury and/or illness.
- Athletes must always carry all required emergency medication with them (including asthma medication, anaphylactic EpiPens etc.) Where a competing student has asthma or is at risk of experiencing asthmatic/other respiratory symptoms or problems, the competitor is required to bring their own prescribed reliever medication, always carry it (including during the race) and are expected to know how to self-administer their medication.
- At the conclusion of the race, race bibs need to be removed at the finish line. Please note race bibs must be removed (not kept by students) and schools will be contacted and invoiced for missing bibs (\$50 per bib) if students do not return these at the finish line or at the event.
- Presentations will be made as soon as results are available post-race, with placegetters receiving medals, alongside Secondary teams.
- Live results will be available via QR codes displayed around the venue. Results will also be available via the SSV website.
- Protests will be heard on the day of competition ONLY and are subject to SSV's [Protest and Appeals Policy](#). Protests should be made to the Convener by the athletes, teacher or adult responsible for the athlete within 10 minutes of the conclusion of the event.
- Photos of the event (and students) may be taken for SSV promotional purposes and may be uploaded to SSV's social media channels. If you wish to have your (or your son's/daughter's) name and/or images withheld please contact the conveners responsible for the event and/or the School Sport Victoria office on (03) 9084 9001 or school.sport.victoria@education.vic.gov.au

Specific Race Rules

- Athletes being paced are subject to disqualification.
- Wearing of Spikes:-
 - For students competing in 12/13 Primary & Secondary age groups and below, spiked footwear or footwear with blades or cleats constructed of hard plastic are NOT permitted.
 - For students competing in 14 years age groups and above, spikes may be worn but they must be pyramid spikes no longer than 12mm.

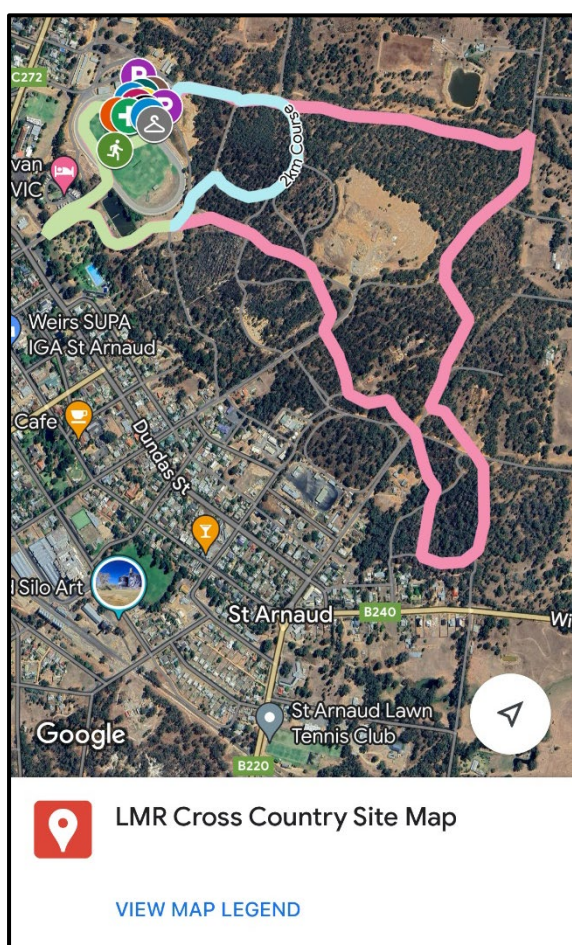
Progression to State

- The **TOP 12** of each event will progress to the SSV State Cross Country Championships in July.
- In Secondary ONLY, any winning School team runners (e.g. runner #3 and/or #4) outside the top 12 will also qualify as a member of the team.
 - A team comprises of a minimum of 3 and a maximum of 4 individual runners competing for the same school. The team score is determined by the combined placings of the top 3 runners from the one school. In the event of a tie, the team with the best placed 'third' runner shall be declared the winner. If no school has minimum of 3 runners in top 12, the next best placed runner outside of the 12 will be considered as part of the team.
- See [SSV's website](#) for further information.

SITE MAPS

Interactive

For an interactive site map, including event services locations and each of the 2km, 3km & 5km course maps, please [click here](#) or scan the QR code below.



Strava

Please scan the QR codes below to access the course map via Strava.

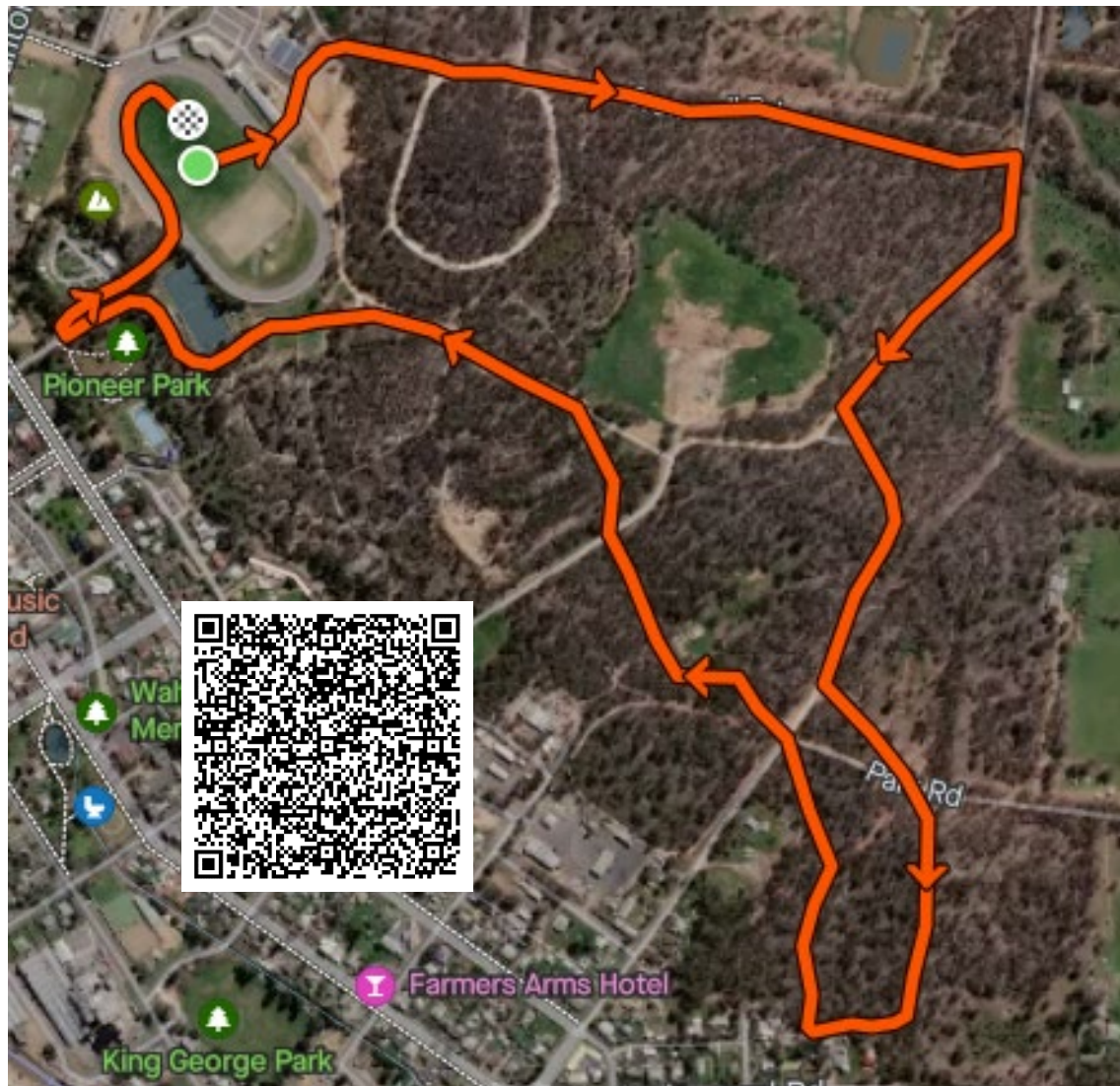
2km Course



3km Course

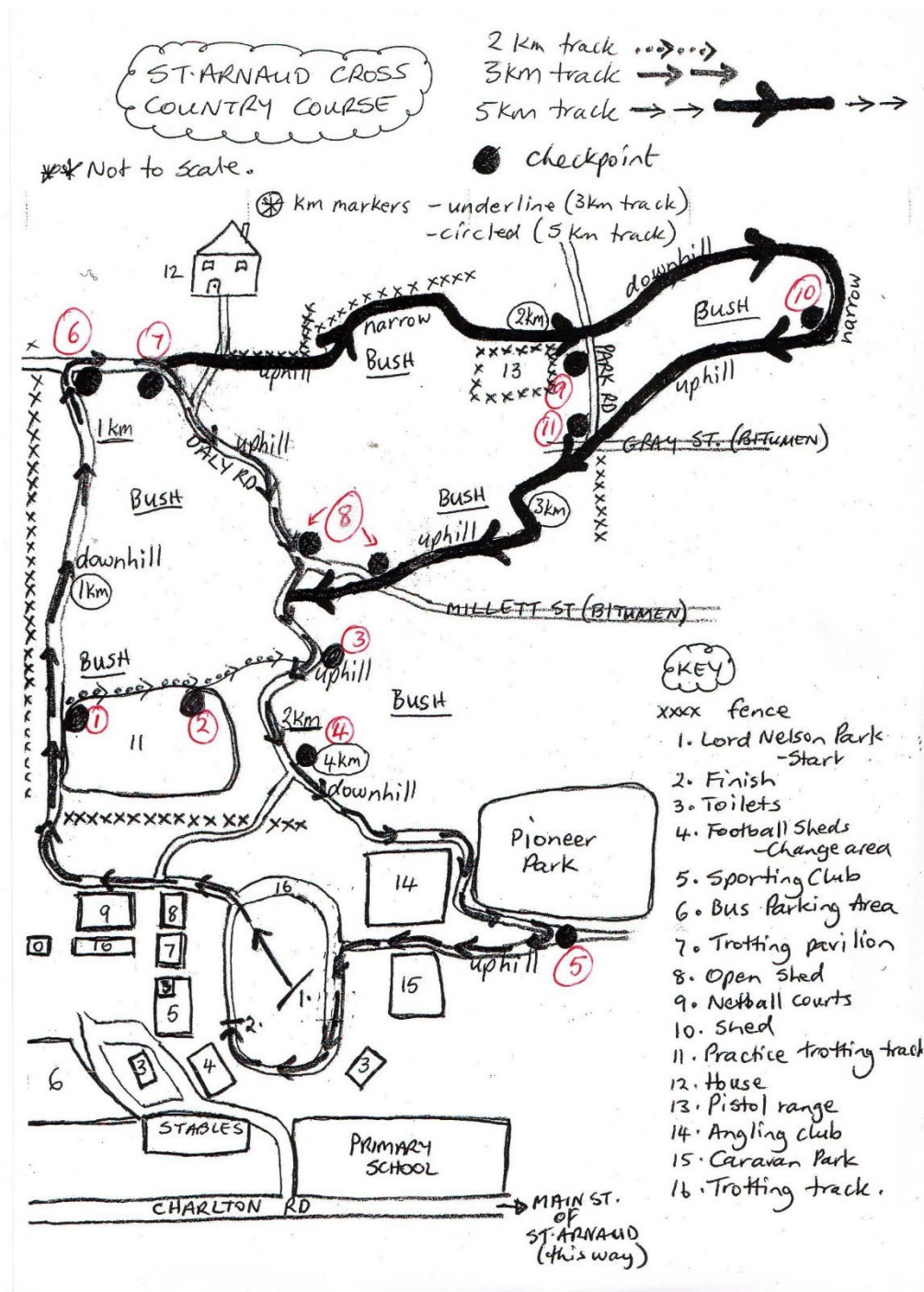


5km Course



Course Map

Course designer & long-time local resident Craig Cornwell's (SSV Life Member) sketch of the course can also be seen here.



GOOD LUCK!

On behalf of the Loddon Mallee Region team, SSV wishes you all the very best in your race today & trust you have an excellent experience.

Should you require any assistance, please contact the conveners of the event (as listed on the top of this document) or see SSV staff in the pavilion on the day.