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SOUTHERN METROPOLITAN REGION COORDINATOR
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SOUTHERN METRO REGION CROSS COUNTRY (Secondary)

Monday 17th June, 2019

CRUDEN FARM – NEW VENUE

60 Cranbourne- Frankston Rd, Langwarrin
(entry via Cranhaven Rd, Langwarrin)

These rules apply to State, Region and Division competitions. Any variations to these rules at State and Division levels will be found on the relevant page on the SSV website.

Program:

1	10.10am	17-20 Boys	5000m
2	10.35am	17-20 Girls	3000m
3	10.45am	16 Boys	5000m
4	11.10am	16 Girls	3000m
5	11.25am	15 Boys & 16-20 Boys Multi Class	3000m
6	11.40am	15 Girls & 16-20 Girls Multi Class	3000m
7	11.55am	14 Boys & 13-15 Boys Multi Class	3000m
8	12.10pm	14 Girls & 13-15 Girls Multi Class	3000m
9	12.25pm	12/13 Boys	3000m
10	12.40pm	12/13 Girls	3000m

Each Division may enter 1 winning school team of 4, and up to 15 of the next best placed individuals.

Once all Division entries have been received they will be posted on the SMR web Page.

Region Entries:

All entrants are asked to check that their entry has been correctly posted and to notify the convener of any errors as early as possible.

If you wish your name (or your child's name) to be withheld, please contact the convener.

SSV reserves the right to invite extra Multi Class Athletes to the State Final based on times at Region and the MDS points system.

Multi Class Athletes wishing to compete in able body events must qualify according to the regular SSV progression pathway.

All changes must be submitted to the Region Coordinator more than 72 hours before the event. There will not be any late changes allowed on the day of competition.

Multi Class Athletes

Events for Multi Class Athletes (athletes with a disability, excluding wheelchair athletes) will be conducted concurrently with the following events:

Girls 9-12	- Girls 9/10 Years 2000m	Boys 9-12	- Boys 9/10 Years 2000m
Girls 13-15	- Girls 14 Years 3000m	Boys 13-15	- Boys 14 Years 3000m
Girls 16-20	- Girls 15 Years 3000m	Boys 16-20	- Boys 15 Years 3000m

Each Multi Class Athlete competitor MUST have competed at the Region level.

Multi Class Athlete events will be conducted using the multi disability format for both boys and girls and results calculated using the Athletics Australia Multi Disability Standards (MDS) tables.

Students must hold a current classification. Students without a classification must contact the Athletics Victoria (see contact details on the SSV website)

State Qualifiers	In each secondary cross country race, each SSV Region will enter the top 7 individual runners, plus a winning team of 4 runners from one school into the STATE FINALS. All progressing team members are also entered in the individual competition.
Winning Team:	<p>For all secondary age groups, teams will consist of 3 or 4 athletes with the placings of the best 3 competitors being used to determine the team score.</p> <p>In calculating team scores, the placings of the first 3 runners from each team shall be added. The team with the lowest total is the winner.</p>
Conditions:	See the School Sport Victoria 'General Conditions of Competition'.
Warming Up:	No warming-up is permitted on the course. Walking the course prior to the start of competition is permitted.
Rules:	<p>Ages are calculated as at December 31 of this current year. Competing athletes may compete in only one age group for which they are eligible.</p> <p>The course will be marked with flags and cones. Officials will be located at various points around the course. The course is subject to alteration at any time.</p> <p>IAAF Rules only allow an athlete to carry a watch and/or a 'Ventolin' inhaler.</p>
Disqualifications:	<p>Athletes being paced are subject to disqualification.</p> <p>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 (who are walking) or who are being 'paced' by a coach/spectator.</p>
Protests & Corrections:	<p>Protests concerning the conduct of an event must be lodged orally with the Referee immediately an issue/concern arises or within 10 minutes of the conclusion of the race.</p> <p>After the Referee has made his/her decision, there is an opportunity to lodge an appeal in writing with the convener within 10 minutes of the conclusion of the race of the Referee's decision, whichever comes first. There is an appeal fee of AUD\$50 cash to accompany any appeal. Presentations will be withheld whilst any protest or appeal is being heard.</p> <p>Results will be posted as soon as all entries are collated at the conclusion of each event, together with the time they are posted.</p> <p>There will be a ten minute opportunity for protests over results or corrections to be lodged with the convener.</p> <p>After 10 minutes, if there are no protests or appeals of any kind or corrections, presentations will be made to the individuals and team place-getters.</p> <p>Protests received after this 10 minutes period has elapsed and presentations have been made will not be heard.</p> <p>All attempts will be made to video the finish of each race.</p> <p>The event will only be postponed in extreme cases. Children should bring a change of clothes. Cross Country events are often run through rain, water, mud and other 'wet' obstacles.</p>
Dress:	<p>Students must wear appropriate athletic uniform.</p> <p>Tags/timing devices/competition bib numbers will be supplied.</p> <p>For '12 years and Under' students spiked footwear or footwear with blades or cleats constructed of hard plastic are NOT permitted.</p> <p>For 13 years and older students spikes may be worn but they must be pyramid spikes no longer than 12mm.</p> <p>Athletes not correctly dressed will not be permitted to compete.</p>
State Team Selection	For 10, 11 and 12 year olds, the team for these age groups will be selected from the performances at the School Sport Victoria Cross Country Championships.
(Team Vic):	<p>For ALL Para Athlete age groups the team will be selected from the performances at the School Sport Victoria Cross Country Championships.</p> <p>For 13 years and over, students must enter the Athletics Victoria All School Cross Country Championships with Athletics Victoria. Details can be found at www.athsvic.org.au</p> <p>More information concerning Team Vic Cross Country can be found at www.ssv.vic.edu.au</p>

SMR SECONDARY CROSS COUNTRY – DUTIES

Course Set Up (needed from 7:30am)	Rick Thompson / Tim Zwar / Janelle Graham / Ralph Bennett / Ian Hunter / Dee Longwill / Robyn Miller / Peter Schuwalow / Deb Wall
Convener Secondary	Janelle Graham / Rick Thompson
Announcer	CHELSEA CRAIG
Starter	Peter Schuwalow
Starter's Assistant	PESS (TBC)
COURSE CHECKPOINT #1	Mt Eliza VCAL X 2 students
COURSE CHECKPOINT #2	Mt Eliza VCAL X 2 students
COURSE CHECKPOINT #3	Mt Eliza VCAL X 2 students
COURSE CHECKPOINT #4	Mt Eliza VCAL X 2 students
COURSE CHECKPOINT #5	Ralph Bennett
COURSE CHECKPOINT #6	Mt Eliza VCAL X 2 students
COURSE CHECKPOINT #7	Berwick SC - 1 staff member (10:00am – 11:35am) Alkira SC - 1 staff member (11:25am – 1:00pm)
COURSE CHECKPOINT #8	Mt Eliza VCAL X 2 students
COURSE CHECKPOINT #9	Mornington SC – 1 staff member (10:00am – 11:35am) Albert Park SC – 1 staff member (11:25am – 1:00pm)
COURSE CHECKPOINT #10	Mt Eliza VCAL X 2 students
COURSE CHECKPOINT #11	Mt Eliza VCAL X 2 students
COURSE CHECKPOINT #12	McKinnon SC – 1 staff member (10:00am – 11:35am) Dandenong HS – 1 staff member (11:25am – 1:00pm)
COURSE CHECKPOINT #13	Mt Eliza VCAL X 2 students
COURSE CHECKPOINT #14	Mt Eliza VCAL X 2 students
Finish Video Recorder	Deb Wall
Chief Place Judge	Tim Zwar
Chief Finish Line Recorder	Rick Thompson
Finish Recorders (Boys)	Ian Hunter / Frankston High X 2 students
Finish Recorders (Girls)	Mel C (SSV)/ Frankston High X 2 students
Tag Distribution	Dee Longwill / Robyn Miller + Frankston High X 4 students
Time Keepers (Boys & Girls events alternating)	Frankston HS (Boys) & Nossal HS (Girls) – 1 staff each (10am – 11:35am) Dromana SC (Boys) & Mentone Girls SC (Girls) – 1 staff each (11:25am – 1pm)
Presentations	Norma Nicoll + Frankston High X 4 students (10:20am – 1:00pm)
First Aid (4 required)	#1 – Start / Finish #2 – Checkpoint 4 #3 – Checkpoint 7 #4 – Checkpoint 11
Litter (End of day):	<u>All schools to assist in the clean up</u>

❖ Please check the school duties carefully. These are based on each school's current # of SMR XC participants.

Course Marshals:

- Must report to the recording area by 9:40am to be briefed.
- Must be accompanied by either a two-way radio (SSV to provide) OR a mobile phone; preferably both.
- Will need a map of the course (available on the day). Will be available on the website or via email prior.
- Direct competitors in the correct direction around the course.
- Ensure competitors do not interfere with other competitors. If there is interference give a verbal warning.
- Please communicate any significant issues or DQ's to Janelle Graham via two-way radio or mobile.
- If an injury occurs, please contact First Aid (there are 4 present) and Janelle Graham (0400 061 267) or Rick Thompson (0409 186 237) ASAP; either via two-way radio or mobile phone.
- ***If Janelle or Rick do not answer, DO NOT leave a message, ring until you speak to either person.***

CROSS COUNTRY ID TAGS (VERY IMPORTANT)

- **ALLOCATED TAGS WILL BE DISTRIBUTED TO ATHLETES ON THE DAY OF COMPETITION.**
- **ATHLETES MUST COLLECT THEIR TAGS (30mins PRIOR TO THEIR EVENT) FROM THE REGISTRATION AREA.**
- **THERE WILL BE NO NEW ENTRIES ALLOWED ON THE DAY OF THE COMPETITION.**