



SSV OFFICE

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SOUTHERN METROPOLITAN REGION COORDINATOR

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## SOUTHERN METRO REGION CROSS COUNTRY (Secondary)

Thursday 22st June, 2023

### CRUDEN FARM

60 Cranbourne- Frankston Rd, Langwarrin

Enter via Cranhaven Rd Langwarrin

**Program:**

<b>1</b>	10.00am	17-20 Boys	<b>5000m</b>
<b>2</b>	10:05am	16 Boys	<b>5000m</b>
<b>3</b>	10.25am	17-20 Girls	3000m
<b>4</b>	10.45am	16 Girls	3000m
<b>5</b>	11.05am	15 Boys	3000m
<b>6</b>	11.25am	15 Girls	3000m
<b>7</b>	11.45am	14 Boys <b>All Boys Multi Class</b>	3000m
<b>8</b>	12.05pm	14 Girls <b>All Girls Multi Class</b>	3000m
<b>9</b>	12.25pm	12/13 Boys	3000m
<b>10</b>	12.45pm	12/13 Girls	3000m

**Supervision  
of Students**

Cruden Farm requires ALL students to be supervised at all times. There are areas at Cruden Farm that are Out Of Bounds for all students and spectators. If students are found in these areas they will be subject to disqualification in their event and may be required to return to school.

**NO BALLS ARE PERMITTED AT CRUDEN FARM.**

**Region  
Entries:**

Each Division may enter the top 15 placed individuals and up to 4 winning team members.

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.**

<b>Multi Class Athletes</b>	<p>Events for Multi Class Athletes (athletes with a disability, excluding wheelchair athletes) will be conducted concurrently with the following events:</p> <p>All Girls : Girls 14 Years 3000m G                      All Boys : Boys 14 Years 3000m</p> <p>Each Multi Class Athlete competitor MUST have competed at the Region level.</p> <p>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.</p> <p>Students must hold a current classification. Students without a classification must contact Athletics Victoria (see contact details on the SSV website)</p>
<b>State Qualifiers</b>	<p><b>In each secondary cross country race, each SSV Region will enter the top 12 individual runners, plus a winning team of up to 4 runners from one school into the STATE FINALS. All progressing team members are also entered in the individual competition.</b></p>
<b>Winning Team:</b>	<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>
<b>Conditions:</b>	<p>See the School Sport Victoria 'General Conditions of Competition'.</p>
<b>Warming Up:</b>	<p>No warming-up is permitted on the course. Walking the course prior to the start of competition is permitted.</p>
<b>Rules:</b>	<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>
<b>Disqualifications:</b>	<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>
<b>Protests &amp; Corrections:</b>	<p><b>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.</b></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>

Protests received after this 10 minutes period has elapsed and presentations have been made will not be heard.

All attempts will be made to video the finish of each race.

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.

**Dress:**

Students must wear appropriate athletic uniform.

Competition bib numbers will be supplied at the venue.

For '12 years and Under' students spiked footwear or footwear with blades or cleats constructed of hard plastic are **NOT** permitted.

For 13 years and older students spikes may be worn but they must be pyramid spikes no longer than 12mm.

Athletes not correctly dressed will not be permitted to compete.

**State Team Selection**

For 12 year olds, the team for these age groups will be selected from the performances at the School Sport Victoria State Cross Country Championships.

**(Team Vic):**

For ALL Para Athlete age groups the team will be selected from the performances at the School Sport Victoria State Cross Country Championships.

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](http://www.athsvic.org.au)

More information concerning Team Vic Cross Country can be found at [www.ssv.vic.edu.au](http://www.ssv.vic.edu.au)

**Course Marshals:**

- Must report to the recording area by 9:30am 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.***

- **ALLOCATED BIBS WILL BE DISTRIBUTED TO STUDENTS ON THE DAY OF COMPETITION.**
- **STUDENTS MUST COLLECT THEIR BIBS (30mins PRIOR TO THEIR EVENT) FROM THE COLLECTION TABLE LOCATED NEAR THE FINISH LINE AREA.**
- **BIBS WILL BE COLLECTED AT THE FINISH OF THE RACE AS THEY WILL BE REQUIRED FOR THE NEXT REGION EVENT.**
- **THERE WILL BE NO NEW ENTRIES ALLOWED ON THE DAY OF THE COMPETITION.**

