

## 2019 Cross Country Event Information Pack

**Conveners:** Maddi Cua Kelly & Steve McKerrow

**Venue:** Lord Nelson Park, St Arnaud

**Date:** Tuesday 4<sup>th</sup> June, 2019

### **This is a combined Secondary & Primary Event**

- Student organisation – Students are to have their personal competitor identification number written on the back of BOTH hands. Please check on the listings posted at the venue on the day that your ID No. is correct!
- Students should be aware of which age group they are competing in. Student age groups are determined by their age as of 31 December 2019.
- For 12/13 years Primary and 12/13years Secondary, spiked footwear or footwear with blades or cleats constructed of hard plastic are NOT permitted. For 14 years SECONDARY and older students, spikes may be worn but they must be pyramid spikes no longer than 12mm.
- No warming-up is permitted on the course proper. Walking the course is permitted. Athletes being paced are subject to disqualification.
- Marshalling – Students will be directed to marshall in an assigned area and will be under the control of Starter's Marshal, this may take place up to 30mins prior to scheduled event times.
- Finishing Procedure – As students cross the finishing line an SSV Official will record the students competitor identification number and finishing order.
- Results will be posted for each race once all competitors have crossed the line for that race. The time of posting will be hand written on top of the result sheet. SSV allows a ten minute time period for protests or corrections to be lodged with the convenor. After 10 minutes, if there are no protests or corrections, presentations will be made to the top three individual place-getters, and top 3 teams in Secondary events.

### **Qualifying for SSV State Cross Country Championships:**

- Secondary Individual – The top **12** individual runners in each age group progress to SSV State Championships
- Secondary Team – All Individual runners are automatically entered into the Teams Category. A Team comprises of a min. of 3, max. of 4 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 fourth runner shall be declared the winner. If no school has min. of 3 runners in top **12**, the next best placed runner outside of the **12** will be considered as part of the team.
- Primary - top **12** individuals progress to SSV State Cross Country Championships

### **Events shall be conducted as follows:**

#1	10:00am	Boys 17-20 5000m
#2	10:25am	Boys 16 5000m
#3	10:50am	Girls 17-20 3000m
#4	11:10am	Girls 16 3000m
#5	11:30am	Boys 15 3000m & Boys Multi Class 16-20 3000m
#6	11:50pm	Girls 15 3000m & Girls Multi Class 16-20 3000m
#7	12:10pm	Boys 14 3000m
#8	12:30pm	Girls 14 3000m
#9	12:50pm	Boys 12/13 Secondary 3000m & Boys Multi Class 12-15 3000m
#10	1:10pm	Girls 12/13 Secondary 3000m & Girls Multi Class 12-15 3000m
#11	1:30pm	Girls 12/13 Primary 3000m
#12	1:50pm	Boys 12/13 Primary 3000m
#13	2:10pm	Girls 11 3000m
#14	2:30pm	Boys 11 3000m
#15	2:50pm	Girls 9-10 2000m & Boys Multi Class 9/10, 11, 12/13 2000m
#16	3:05pm	Boys 9-10 2000m & Girls Multi Class 9/10, 11, 12/13 2000m

- 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.***