



SCHOOL SPORT VICTORIA

CROSS COUNTRY

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

Venue: Yarra Valley Racing Club, Armstrong Grove, Yarra Glen (NB. Please **do not** visit the Yarra Valley Racing Club prior to any upcoming Cross Country race days. Yarra Valley Racing Club is a private business & do not permit unauthorised entry).

Format: Finals for athletes and teams qualifying from Region Finals.

Qualifiers Competing athletes including athletes with a disability are those nominated by the SSV Regions.

In '12/13 Years' – '17-20 Years' events each SSV Secondary Region, in each race, will enter the top 12 individual runners plus any winning School Team runners (e.g., runner #3 & /or #4) outside the top 12. All team members are also entered in the individual competition.

In '9/10 Years' – '12/13 Years' events, each SSV Primary Region, in each race, maximum of 12 individuals.
12/13 years PRIM = 12/13 year PRIMARY

i.e., Students must be turning 12 or 13 in the year of competition, attend a Full or Associate member Primary Schools and competed in the 12/13 years Primary race at the SSV Region level

12/13 years SEC = 12/13 years SECONDARY

i.e., Students must be turning 12 or 13 in the year of competition, attend either a Full or Associate member secondary school and competed in the 12/13 years Secondary race at the SSV Region level

Entries: Once all Region entries have been received, they will be posted on the SSV web Page.

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.

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

Girls 9/10 Years MC, 11 Years MC & 12/13 PRIM MC Years - Girls 9/10 Years 2000m

Boys 9/10 Years MC, 11 Years MC & 12/13 PRIM MC Years - Boys 9/10 Years 2000m

Girls 12-14 SEC Years MC - Girls 12/13 SEC Years 3000m

Boys 12-14 SEC Years MC - Boys 12/13 SEC Years 3000m

Girls 15-16 Years MC - Girls 14 Years 3000m

Boys 15-16 Years MC – Boys 14 Years 3000m

Girls 17-20 Years MC - Girls 15 Years 3000m

Boys 17-20 Years MC - Boys 15 Years 3000m

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

Multi Class Athletes 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)

Teams: For 12/13 years SEC and older age groups, teams will consist of 3 or 4 athletes with the placings of the best three (3) competitors being used to determine the team score.

Winning Team: In calculating team scores, the placings of the first three (3) runners from each team shall be added. The team with the lowest total is the winner.

In the event of a tie, the team with the best placed third-placed athlete shall be declared the winner.

Program:

Race No.	Marshalling Time	Race Time	Gender/Age Group	Distance
1	10:10am	10:30am	Girls 11 yrs	3000m
2	10:30am	10:50am	Boys 11 yrs	3000m
3	10:50am	11:10am	Girls 9/10 yrs &	2000m
3	10:50am	11:10am	Girls 9/10 yrs MC &	2000m
3	10:50am	11:10am	Girls 11 yrs MC &	2000m
3	10:50am	11:10am	Girls 12/13 yrs PRIM MC	2000m
4	11:05am	11:25am	Boys 9/10 yrs &	2000m
4	11:05am	11:25am	Boys 9/10 yrs MC &	2000m
4	11:05am	11:25am	Boys 11 yrs MC &	2000m
4	11:05am	11:25am	Boys 12/13 yrs PRIM MC	2000m
5	11:20am	11:40am	Girls 12/13 yrs PRIM	3000m
6	11:40am	12:00pm	Boys 12/13 yrs PRIM	3000m
7	12:00pm	12:20pm	Girls 12/13 yrs SEC &	3000m
7	12:00pm	12:20pm	Girls 12-14 yrs SEC MC	3000m
8	12:20pm	12:40pm	Boys/Mixed 12/13 SEC &	3000m
8	12:20pm	12:40pm	Boys 12-14 yrs SEC MC	3000m
9	12:40pm	1:00pm	Girls 14 yrs &	3000m
9	12:40pm	1:00pm	Girls 15-16 yrs MC	3000m
10	1:00pm	1:20pm	Boys/Mixed 14 yrs &	3000m
10	1:00pm	1:20pm	Boys 15-16 yrs MC	3000m
11	1:20pm	1:40pm	Girls 15 yrs &	3000m
11	1:20pm	1:40pm	Girls 17-20 yrs MC	3000m
12	1:40pm	2:00pm	Boys/Mixed 15 yrs &	3000m
12	1:40pm	2:00pm	Boys 17-20 yrs MC	3000m
13	2:00pm	2:20pm	Girls 16 yrs	3000m
14	2:20pm	2:40pm	Girls 17-20 yrs	3000m
15	2:40pm	3:00pm	Boys/Mixed 16 yrs	5000m
16	3:05pm	3:25pm	Boys/Mixed 17-20 yrs	5000m

Marshalling:

Athletes need to listen for PA Announcements calling for them to make their way to the Call room (Marshalling Pavilion – Jockeys Room).

If an athlete is unsure as to whether their event has been announced they should make their way to the Call Room no later than 20 minutes prior to the advertised start time for their event.

A Starters Marshal will supervise athletes walking to the start line from the Call Room 10 minutes prior to the advertised start time.

The Starter begins each race from the respective start line. NB. There is a different start line for the 2km, 3km & 5km races.

Conditions:

See School Sport Victoria's 'General Conditions of Competition'.

All players, teachers, spectators and officials are bound by the 'SSV Codes of Conduct'

A girl cannot play in a girls' team and a boys/mixed team in the same sport. A Boys/Mixed team must be made up of a minimum of one Boy.

The level of competition chosen by a student at District level remains binding through to Division, Region and State levels.

Warming Up:

No warming-up is permitted on the course. Walking the course prior to the start of competition is permitted until 10.00am. Please **do not** visit the Yarra Valley Racing Club prior to any upcoming Cross Country race days. Yarra Valley Racing Club is a private business & do not permit unauthorised entry.

Sports Tape MUST be supplied by the student/competing team if pre-event strapping for injury prevention by the qualified sports trainer (if present) is required.

Rules:	<p>Ages are calculated as at December 31 in the year of competition. Competing athletes may compete in only one age group for which they are eligible.</p> <p>Athletes turning 8 years of age in the year of competition are not eligible to compete in the 9/10 Years events.</p> <p>The course will be marked with flags and cones. Officials will be located at various points around the course.</p> <p>The course is subject to alteration at any time.</p> <p>In the 5000m events, the 2000m loop will be run first by competitors followed by the 3000m loop.</p> <p>IAAF Rules only allow an athlete to carry a watch and/or a 'Ventolin' inhaler.</p> <p>Please see the SSV Primary Schools Resource Manual for more useful sport specific information.</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 will be heard on the day of competition ONLY. Protests received after the day of competition will not be accepted</p> <p>Protest concerning the conduct of an event, in the first instance, should be made to the Referee by the athletes or their teacher. If their teacher is not in attendance, the adult responsible for the athlete may act on the athlete's behalf. This can be made immediately an incident occurs or within 10 minutes of the conclusion of the event.</p> <p>If the Referee, makes a decision that is not agreed with, an appeal to the Jury of Appeal may be made, accompanied by a fee of A\$50 cash, which will be forfeited if the appeal is not upheld. This appeal must be in writing within 10 minutes of the conclusion of the event or the Referee's decision, whichever comes first. The written appeal must be given to the Championship Convener.</p> <p>Protests concerning results or corrections need to be made to the Championship Convener within 10 minutes of the posting of the results. Results will be posted as soon as all entries are collated at the conclusion of each event, together with the time they are posted. Protests received after this 10-minute period has elapsed and presentations have been made will not be accepted.</p> <p>All attempts will be made to video the finish of each race.</p> <p>No other form of protest will be heard.</p>
Souvenirs:	<p>SSV will be selling State Cross Country souvenirs at the venue.</p> <p>Programs will not be available for sale at the event but will be available free for download from the School Sport Victoria website.</p>
Pets:	<p>Dogs are not welcome at the venue.</p>
Privacy:	<p>The names and schools of all entrants, plus full results, will be published on the School Sport Victoria web site.</p> <p>If you wish your name (or your child's name) to be withheld, please contact the convener.</p>
Dress:	<p>Students must wear appropriate athletic uniform.</p> <p>Tags/timing devices/competition bib numbers will be supplied.</p> <p>For '12/13 years SECONDARY', '12/13 years PRIMARY and Under' students spiked footwear or footwear with blades or cleats constructed of hard plastic are NOT permitted.</p> <p>For 14 years SECONDARY 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>
First Aid:	<ul style="list-style-type: none"> • Competing schools are responsible for ensuring that reasonable provision is made for the treatment of injuries. All schools participating in SSV Team Sports final are required to bring their own applicable first aid kit (appropriate to the location as there is potential for sporting activities to be some distance away from emergency services) – For more detailed information: First Aid for Students & Staff & First Aid Kit Contents Checklist. • Sports Tape MUST be supplied by the student/competing team. Strapping for injury prevention as required MUST be performed by the student/competing team. NB. The First Aid Responder attending the state finals are NOT permitted to perform strapping.