

# State Cross Country Championships 2024

Congratulations on qualifying for the SSV State Cross Country Championships.

See below for important information for **all** persons attending the upcoming SSV State Cross Country Championships at Yarra Valley Racing Club, Armstrong Grove, Yarra Glen – [Thursday, 18<sup>th</sup> July](#) - see the date link to the event calendar for the rules, course map, program of events & for [Results](#) For full information see <https://www.ssv.vic.edu.au/state/events/pages/event.aspx?listID={a7bbf073-ab7e-41f6-80f7-8a9f895842de}&ListItemID=1> PLEASE NOTE – DO NOT VISIT THE YARRA VALLEY RACING CLUB PRIOR TO RACE DAY. YARRA VALLEY RACING CLUB IS A PRIVATE BUSINESS & DO NOT PERMIT UNAUTHORISED ENTRY.

## Rules

<https://www.ssv.vic.edu.au/state/Documents/RulesCrossCountryPrimaryandSecondary.pdf>

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

## Registration

Please note that athletes will be required to collect a race bib number at Registration at the venue on the day, prior to marshalling for their event.

The distribution of Race Bib numbers will be done in the order that the events are conducted on the day.

Students should collect their Race Bib Number up to 45 minutes prior to the start time of the race they are competing in.

The Race Bib Number will need to be pinned to the FRONT of the athlete's shirt. Pins are supplied.

The Race Bibs have a chip in them that will record the athletes time as they cross over the finish line. Please do not tamper with the Race Bib & it must be handed in immediately at the conclusion of the race.

At the conclusion of the race, Bib numbers will need to be unpinned & left in the tubs at the finish line. It is especially important that students return their Race Bib Numbers at the finish line, Schools will be invoiced \$5 (per bib) for any that are not returned.

## Warm Up Time

No warming-up is permitted on the course. Walking the course prior to the start of competition is permitted. PLEASE NOTE – DO NOT VISIT THE YARRA VALLEY RACING CLUB PRIOR TO RACE DAY. YARRA VALLEY RACING CLUB IS A PRIVATE BUSINESS & DO NOT PERMIT UNAUTHORISED ENTRY.

Please note that athletes being paced during races are subject to disqualification.

## The Course

The course will be marked with flags and cones. Officials will be located at various checkpoints around the course. The course is subject to alteration at any time. Should a student require assistance or first aid they should seek the attention of one of the course marshals wearing a yellow fluoro vest with a 2-way radio. If a student leaves the course or decide not to finish, they must immediately report to the Finish Line so we can account for all athletes on the day.

## Dress

Students must wear appropriate athletic uniform. Athletes not correctly dressed will not be permitted to compete.

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.

For 14 years **SECONDARY** and older students' spikes may be worn but they must be pyramid spikes no longer than 12mm.

## Marshalling

Marshalling for all runners is at the Call Room (Marshalling Pavilion – Jockeys Room) prior to each race. Listen out for announcements.

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 start line. NB. There is only the one start line used for the 2km, 3km & 5km races.

### **Protests**

Protests will be heard **ONLY** on the day of competition. Protests received after the day of competition will not be accepted. Protests need to be made immediately an incident occurs or within 10 minutes of the conclusion of the event. Protests concerning results need to be made within 10 minutes of the results being posted online. Appeals can only be made by the school or a school representative - [Protest Form](#), [Appeals & Grievances Policy](#)

### **Results**

All results will be posted to <https://tomatotiming.racetecresults.com/Results.aspx?CId=16&RId=29486> on the [Tomato Timing](#) website live on the day of the event.

### **Presentations**

Placegetters will be announced on the day with medals being presented to 1<sup>st</sup>, 2<sup>nd</sup>, and 3<sup>rd</sup> placegetters.

### **Social Distancing & Masks**

Remember it is suggested to have a mask with you in the event that you cannot socially distance 1.5m.

### **Car Parking**

Please respect the Yarra Valley Racing Club & follow the parking instructions/signs as displayed on the day.

### **Merchandise**

DMC merchandise will be available for sale prior to & on the day – see [SSV \(ssvshop.com\)](#)

### **Official Photographers**

[SportsTrend Photo](#) will be taking photos see <https://sportstrendphoto.photodeck.com/>

& see the final page of this document for more information. NB. Placegetters will be photographed on the presentation of their medals & are expected to wear a school polo shirt/school top.

### **Key Documents**

SSV COVID-19 Key Documents - <https://www.ssv.vic.edu.au/Pages/Covid19.aspx>

SSV Codes of Conduct – <https://www.ssv.vic.edu.au/Downloads%20Library/Codes%20of%20Conduct.pdf>

SSV Child Safety Policy - <https://www.ssv.vic.edu.au/Downloads%20Library/SSVPolicyChildSafePolicy.pdf>

SSV Cross Country Race Time Schedule & Rules -

<https://www.ssv.vic.edu.au/state/Documents/RulesCrossCountryPrimaryandSecondary.pdf>

SSV State Cross Country Course Map & Information-

<https://www.ssv.vic.edu.au/state/Documents/SSVStateCrossCountryChampionshipsCourseMapsInformation.pdf>

### **Program**

A program will be available on the SSV website a few days prior to the event.

### **Course Videos**

[2000m](#)

[3000m](#)

[5000m](#)

### **Course Maps**

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# 2km Course

**Yarra Valley Racing**  
Armstrong Grove, Yarra Glen VIC 3775

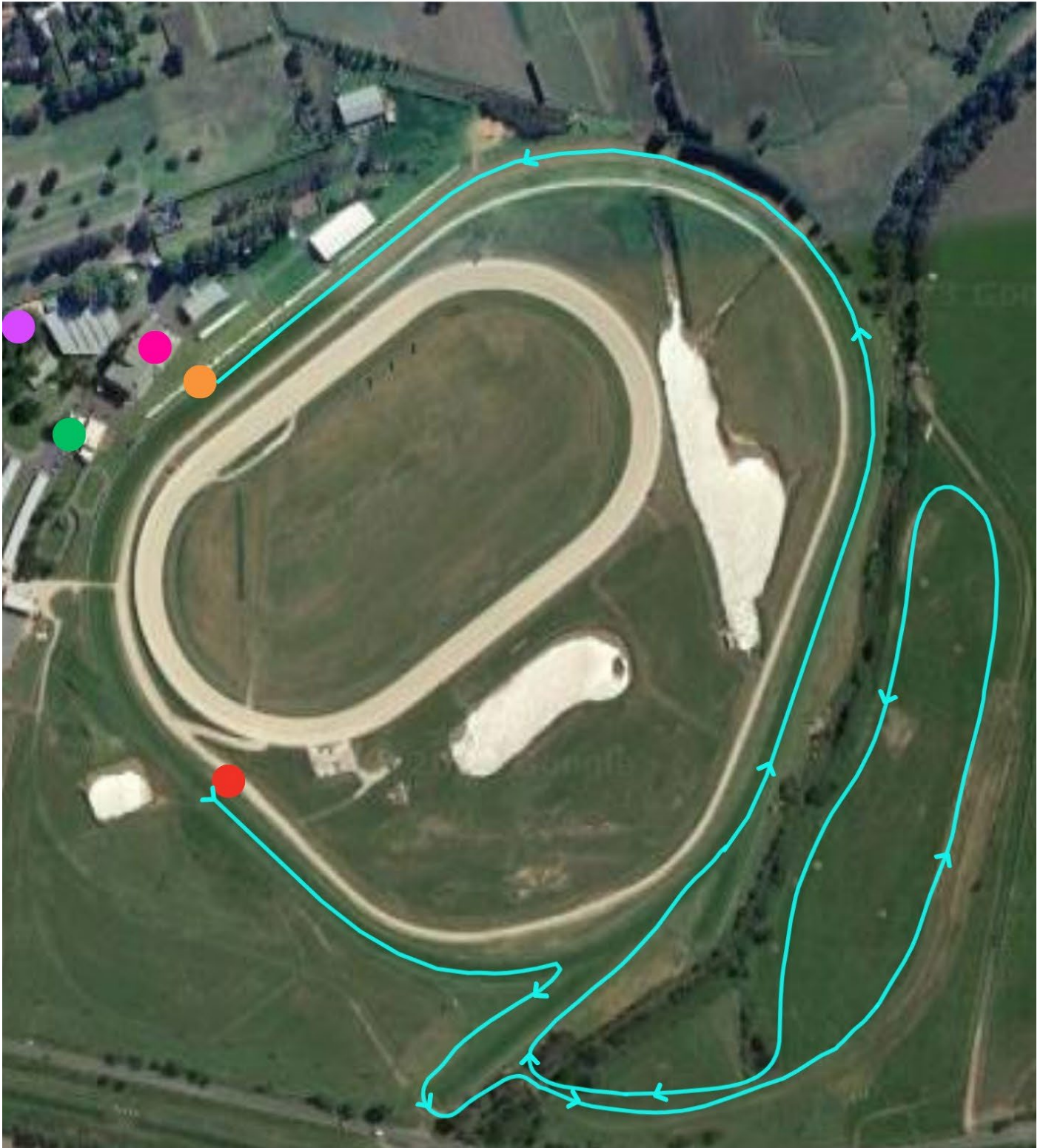


- Start
- Grandstand
- Entry
- Finish
- Marshalling Pavilion



# 3km Course

**Yarra Valley Racing**  
Armstrong Grove, Yarra Glen VIC 3775



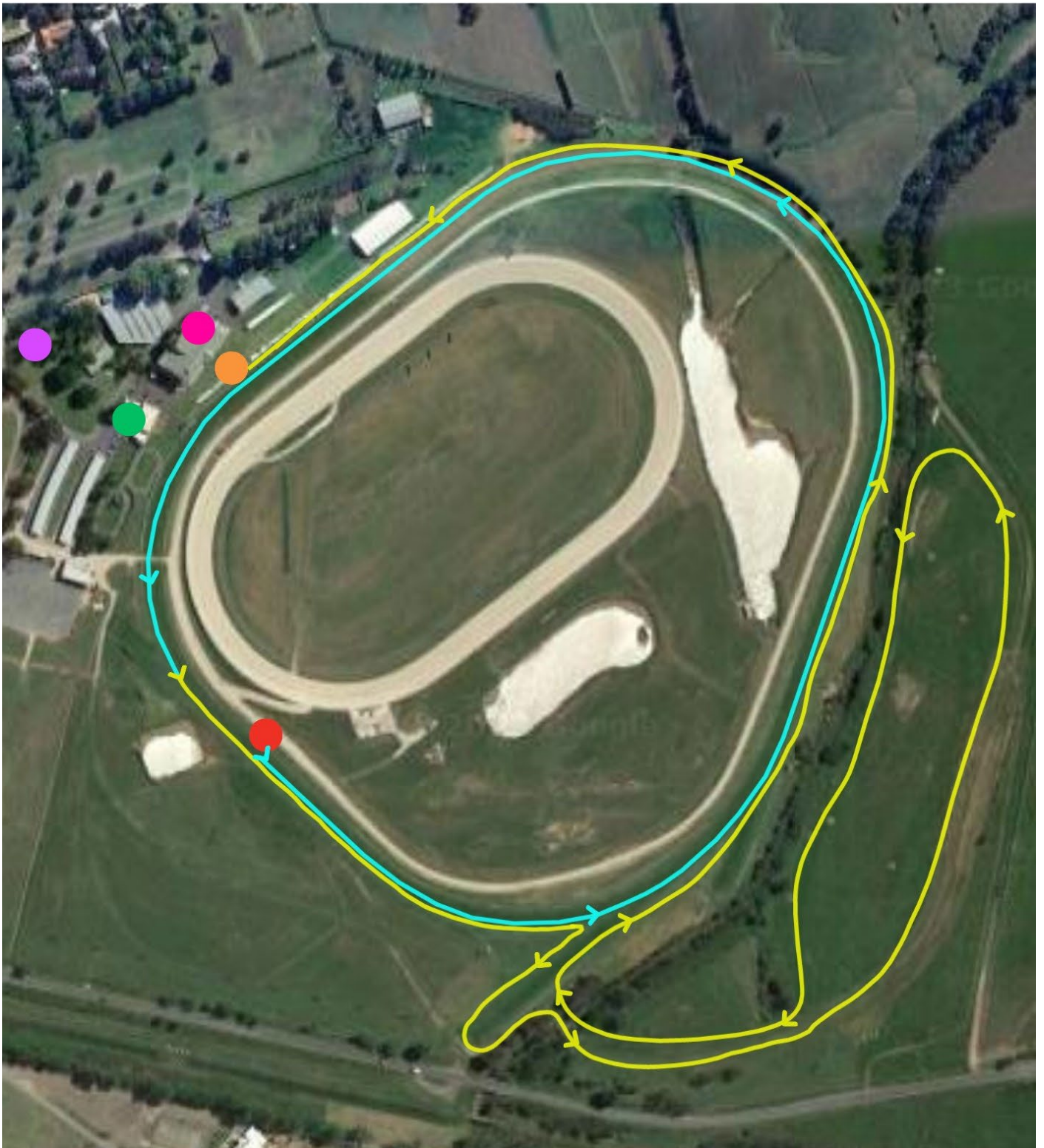
- Start
- Grandstand
- Entry
- Finish
- Marshalling Pavilion



# 5km Course

## Yarra Valley Racing

Armstrong Grove, Yarra Glen VIC 3775



- Start
- Grandstand
- Entry
- Finish
- Marshalling Pavilion

In the 5km event, the 2km loop will be run first by competitors followed by the 3km loop.

# RESULTS

Please Scan the QR code below to obtain Race Results



# sportstrend PHOTO



Sportstrend Photo are proud to be  
the official photographers for the  
2023 SSV  
Cross Country Championships



All action and presentation photos  
from the event  
will be available for purchase at

[www.sportstrendphoto.com.au](http://www.sportstrendphoto.com.au)



Easy Ordering Options

Secure Online ordering system using credit card or Paypal.  
Email: [orders@sportstrendphoto.com.au](mailto:orders@sportstrendphoto.com.au)