

Venue

What: 2017 Victorian All Schools Cross Country Relay Championships

Date: Saturday 29 April 2017

Location: Jells Park North, Waverley Rd, Wheelers Hill (Entry via Waverley Rd or Ferntree Gull Rd)
Melway Ref 71 K6 ([Google Maps](#))

Timetable:

10:00am	U/14 Boys, U/14 Girls, U/16 Boys, U/16 Girls
11:30am	U/18 Boys, U/18 Girls, U/20 Boys, U/20 Girls

Car Parking: Is available in the allocated parking areas only. **There is strictly no parking in the parkland area.**

Food Vendor: Mocha Monkey will be on site selling coffee, tea, cakes and snacks. Madeline's Café is also within Jells Park providing food and beverages.

School Tents:

Tents will be located in an allocated area beside the course. Please look for the 'School Tents' sign.

All school tents must be secured by weights only. There is strictly no pegging in this area due to underground pipes.

First Aid:

St Johns Ambulance will be on site throughout the day. They will be situated at the start/finish line and also out on the course. If anyone needs first aid please ask an official/club helper to radio through and first aid will be out to help.

Team Managers

School Team Manager Briefing:

There will be a school team manager briefing held at 9.15am at the starting line area:

- One representative from each school will need to attend
- This is a time to ask any questions regarding the day to the competition director

Race Packs:

Race packs can be collected from the AV Admin area prior to the commencement of the first race

- Packs will include relay numbers, timing sheets and running tags for the final runner of each team

Recording Sheets:

- We need the assistance of all schools to fill in the recording sheets in a neat and accurate manner
- We require the start, finish and net time of each athlete

THERE IS NO NEED TO RECORD LAP SPLITS ON THE RECORDING SHEETS

If athletes wish to record their lap times they, or their coaches will need to organise it themselves.

AV really needs the assistance of schools in delivering fast and accurate results. Please ensure the sheets are filled in clearly and neatly to minimise data entry errors.

If sheets are not handed into the AV Admin area your team will not be entered into the results.

If the weather is unfavorable on the day please see the administration area and we can provide you with large plastic pockets to use to keep recording sheets as dry as possible.

Competition

Age Group: Date of birth is taken from 31 December, 2017. Please check athletes are competing in the correct age group for their event. If your team needs to be changed due to the age group entered being incorrect please let AV know as soon as possible.

Age Group	Year of Birth	Relay Length	Course Laps
Under 14	2004, 2005, 2006	4 x 3km	2 x 1.5km
Under 16	2002, 2003	4 x 3km	2 x 1.5km
Under 18	2000, 2001	4 x 4km	2 x 2km
Under 20	1998, 1999	4 x 4km	2 x 2km

Course:

Fluoro orange and blue flags will be used to mark the course - the orange flags will be to the left and the blue flags to the right. Safety Tape and stakes will continue to be used at major corners and the start/finish zone.

A course map can be found by clicking [here](#)

There must only be **2 athletes** from a team in each age group on the course at the one time (example runner 1 who is running and runner 2 who is waiting in the changeover area). This is for safety reasons for all athletes running through the changeover area.

Relay Numbers:

Colour coded laminated numbers will be used to identify competitors in each age group.

U14 Boys & Girls	U16 Boys & Girls	U18 Boys & Girls	U20 Boys & Girls
Pink	Green	Orange	White

Coded numbers identifying age group will be used, i.e. '16' for U16, '20' for U20 and then the team number will be the '1', '2' – '40' next to the age group number for example 14.1 or 14.40.

All relay identification numbers must be worn on the **FRONT** and **BACK** of each competitor's uniform. Each school's team will have their own bib number with athletes 1 & 3 wearing the same numbers and athletes 2 & 4 wearing the other numbers during their leg of the relay.

All numbers must be returned to AV at the end of competition. Please do so by placing the numbers in the tubs located at the AV Admin area.

Running Tags:

The last runner of each team will wear a tag around their wrist which will have their team, age division and bib number on it. Once the final runner has completed their leg of the relay an official/club helper will take the tag off the runner to help keep a track of the finish order.

Please make sure the final athlete is wearing this tag and it is handed in at the end of the race.

Weather Policy:

Athletics Victoria has a wet/warm weather policy in place for the upcoming XCR'17 season. Please note we will let Team Managers know any information regarding this before the day or make announcements on the morning of the event. Please listen out for these throughout the day if any extreme weather announcements.

General

AV Handbook:

For more information regarding 2017 school events and for all competition rules please look from page 29 onwards of the XCR'17 Handbook which can be downloaded [here](#).

Upcoming Events:

Please see below closing dates for upcoming school events.

Entries for these events can be done via the school portal – if you require help please contact the AV office prior to entries closing.

All Schools Road Relay Championships – Albert Park

- Event Date: Saturday 20 May, 2017
- Entries Close: 12pm (midday) Monday 8 May, 2017

All Schools Cross Country Championships – Bundoora

- Event Date: Saturday 17 June, 2017
- Entries Close: 12pm (midday) Monday 5 June, 2017.

If you have any questions or feedback relating to this document, please email (xcr@athsvic.org.au) or call Athletics Victoria (03) 8646 4500.