



XCR'18 Event Information

Round 3 – Cruden Farm Cross Country



Venue

What: XCR'18 Rd 3 – Cruden Farm

Date: Saturday 26 May, 2018

Location: Cruden Farm, Langwarrin VIC 3190 (Melway Ref: 103 G6) Located off Cranhaven Rd ([Google Maps](#))

There are **NO DOGS ALLOWED** at Cruden Farm, any athletes or spectators who bring a dog to the event will be asked to leave by farm management.

Timetable/Run Sheet:

10:00am	Bib Purchasing & Membership collection opens	
11:30am	Bib purchasing closes: Race 1	
11:50am	Bib purchasing closes: Race 2	
12:00pm	Race 1: Women U14, Men U14	4km Cross Country
12:20pm	Race 2: Women U16, U18, Men U16, U20	6km Cross Country
12:20pm	Bib purchasing closes: Race 3 and Race 4	
12:45pm	Bib purchasing closes: Race 5	
12:50pm	Race 3: Women Open & Masters	12km Cross Country
12:50pm	Race 4: Women U20	8km Cross Country
1:00pm	Bib purchasing closes: Early Starters	
1:15pm	Race 5: Men U18	8km Cross Country
1:30pm	Race 6: (Early Starters) For athletes who cannot complete the course within 90min time frame.	12km Cross Country
1:35pm	Bib purchasing closes: Race 7	
2:05pm	Race 7: Men Open & Masters	12km Cross Country

Presentations will be made as soon as possible after each event.

Car parking and road closures:

Plenty of Car Parking is available within the park precinct simply enter via Cranhaven Rd please look for signage. No cars are to be driven onto the course; all cars must park in the allocated car parking area. Please don't erect club tents in the Car Park as there is plenty of room for these in the finish area. **A site map can be found at the end of this document.**

Food Vendor:

Mocha Monkey will be on site selling coffee, tea, cakes and snacks.

Club tents:

Clubs are encouraged to bring club tents to Cruden Farm. The area for club tents is adjacent to the finish line, please look for signage.

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.



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Team Managers

Club Helpers:

The following clubs are required to provide three (3) club helpers (unless specified otherwise in bold with the number required) to assist with conducting the event:

Athletics Essendon, Athletics Nunawading, Box Hill, Casey Cardinia, Coburg Harriers, Knox Athletics, Ringwood, Traralgon Harriers, Wellington

Please contact Andrea Hallett (andrea@athsvic.org.au) if you have any questions regarding club helper duties.

All officials, time keepers and course marshals must report to the Controller of Officials at the commencement of their scheduled session start time.

Clubs failing to provide the required number of club helpers will have **ALL** of their teams disqualified.

Competition

Events:

All events will start at the time listed above, please arrive early as the start will not be held for athletes who are running late.

In the Open Men & Women's races the Premier Division team athletes (6 men & 5 women) from the 10 clubs in each gender will be eligible for a priority start in their respective races. Athletes are asked to make their way to the front of the pack before the race. Please speak to the officials on the day if athletes are unsure about this process.

If an athlete fails to make their event start time, please go to the AV Administration tent to seek advice on joining another race as an invitational athlete for no points. The competition director is the only person who can approve an athlete changing age groups or races on the day of the event.

Event warm-up is not to be conducted in front of the start line. Athletes are not allowed to front filter into this area, they **MUST** approach the start from behind the line. Any athletes caught front filtering may be asked to move to the back of the pack by officials.

Athletes are not to warm up on any part of the course. There is a trail at the Frankston-Cranbourne Rd end of the farm for athletes to warm up.

Early Starters:

There is an Early Starters race for the Open Men 12km Cross Country. This race is for those athletes that cannot complete the course within a 90min timeframe. Athletes will need to have started their final lap by 3:30pm

Course Configuration:

Six separate races will be conducted on Saturday. The respective start times are:

Start Time	Age Group	Race Length	Course Laps
12:00pm	Under 14 Men & Women	4km	1 lap of 4km Loop
12:20pm	U16, U18 Women & U16, U20 Men	6km	1 lap of 2km loop and 1 lap of 4km loop



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12:50pm	Women Open	12km	3 laps of 4km loop
12:50pm	Women U20	8km	2 laps of 4km loop
1:15pm	U18 Men	8km	2 laps of 4km loop
1:30pm	Early Starters	12km	3 laps of 4km loop
2:05pm	Open Men	12km	3 laps of 4km loop

Race results:

In order to facilitate the prompt publication of the finalised results, team scores and ladders, all results queries must be submitted to Athletics Victoria's via email (xcr@athsvic.org.au) **within 72 hours of the first set of published results. All queries submitted after this time will not be included in the final event results.**

Timing Bibs:

Athletes who have purchased an XCR'18 Package, Max Package or individual event entry, since 10 May 2018, will have their 2017/18 AV bib numbers available for collection at Cruden Farm.

Athletes who registered prior to 10 May should check with their club representatives as they will have been collected at Jells Park Relays.

The **timing tag will be attached to one of the bibs** (this is to be **worn on the front**). Athletes do not need to wear their timing chip from previous seasons for individual races anymore.

This is your bib number for the entire 2018/19 season, please do not throw out your numbers. If athletes lose or damage their bib numbers there will be a charge associated with reissuing new numbers.

All athletes **MUST** wear their current AV bibs, front and back, at all rounds of XCR'18. If an athlete fails to wear both bibs they may be disqualified. If any athletes forget their bibs please go to the administration area to purchase a replacement set no later than 30 minutes prior to the start of the race. Team managers will need to pick up any new memberships from the administration tent on the day of the event.

Please Note: There are two sets of timing mats located at the finish line, the first set of mats athletes will cross are a used for a back up for the timing team, this is not the finish line. The Finish line is located at the second set of timing mats 15-20m further on where the AV arch or bow flags will be set up. Athletes final finish time will be taken from the second set of mats.

General

Toilet facilities:

A number of toilet blocks are located close to the finish area. It is the responsibility of clubs and athletes to ensure all toilet facilities are left in a respectable state.

Looking after Cruden Farm:

We are very grateful for the opportunity to compete at Cruden Farm. Clubs are asked to remind their members of the following:

- Park only in designated parking bays
- Take home all rubbish so that we leave the venue as we found it
- Do not litter any rubbish along the course. Please use bins provided
- Make sure your athletes leave the toilet blocks in a respectable state



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Upcoming Events:

Please see below dates for our upcoming XCR'18 events

XCR'18 Rd 4 – Bundoora Cross Country

- Date: Saturday 16 June, 2018
- Entries Close: 11:59am, Wednesday 13 June, 2018

XCR'18 Rd 5 – Sandown Road Relays

- Date: Saturday 7 July, 2018
- Entries Close: 11:59am, Monday 2 July, 2018



CRANBOURNE ROAD

MCCLELLAND DRIVE

NORTH ROAD

CRANHAVEN ROAD

CARPARKING

ENTER HERE

AV ADMIN CLUB TENTS

ADMIN

Cruden Farm

Langpark Medical Centre

Elizabeth Murdoch Arboretum

Gateway Charcoal Chicken

Goodstart Early Learning

Coles Express Langwarrin West

L.A Hair Design

North Road

bin Dr

Frances Cr...