



XCR'18 Rd 1

Jells Park Cross Country Relay



Venue

What: XCR'18 Rd 1 - Cross Country Relays

Date: Saturday 21 April, 2018

Entries Close: 12pm (midday) Monday 16 April, 2018

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

Competition

Timetable/Run Sheet:

Time	Division	Distance
12:30pm	Women Open Premier	5 x 6km
	Women Open Division 2, 3	4 x 6km
	Women Open Division 4, 5, 40+, 50+	3 x 6km
	Men Open Premier Division, Div 2	6 x 6km
	Men Open Division 3, 4	5 x 6km
	Men Open Division 5, 6, 7	4 x 6km
	Men Open Division 40+, 50+, 60+	3 x 6km
	Men U20	3 x 6km
1:00pm	Women U20	3 x 3km
	Men U18	3 x 3km
	Women U18	3 x 3km
	Men U16	3 x 3km
	Women U16	3 x 3km
	Men U14	3 x 3km
	Women U14	3 x 3km

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

Club tents:

Clubs are encouraged to bring their club tents and set them up on the grassland at Jells Park.

There is strictly no pegging of tents. All tents must be weighted, any clubs found to be pegging will be asked to replace them with weights or remove their tents.

Pegging of tents greatly jeopardises Athletics Victoria's permit with Park Victoria and may result in not using the location for future events if broken.

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.

A pen system will again be used for all divisions at relay events in 2018, please speak with the Athletics Victoria Official at your age group on the procedure required and ensure all athletes understand this.

There must only be **2 athletes** from a team in each division/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.



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For the safety of all athletes and spectators it is extremely important that everyone obeys all signs and announcements throughout the day.

The course roping is in place to keep athletes separated from spectators, officials and event crew, again it is important that all athletes and spectators respect the course and do not climb under or over any roping.

There will be sections of the course that are not roped off for people to access the course or surrounding grounds.

Course Configuration:

Two separate start times will be conducted on Saturday. The race start times are:

Time	Age Group Race	Distance/Laps (per athlete)
12:30pm	Open Men, Open Women, U20 Men & Masters Men & Women	6 km/2 laps of the Jells Park course
1:00pm	U18, U16, U14 Boys U20, U18, U16 & U14 Girls	3 km/1 lap of the Jells Park course

Entry Information:

Entries close 11:59am Monday 16 April 2018.

Please Note: Athletes do not enter themselves into relay competitions. Clubs will enter and pay for team entries and select the athletes for their teams. Any questions regarding team selection should be made directly to your club.

Team Managers should have received an e-mail regarding the entry process for XCR'18 Rd 1 Jells Park Cross Country Relays.

For an athlete to be eligible to score team points they must be registered before and approved before the **11:59am Wednesday 18 April 2018** cut off time, otherwise the athletes team will compete as invitational and not score points.

Registrations:

The eligibility rules for Saturday are as follows:

All clubs must approve registrations by **11:59am Wednesday 18 April 2018** for athletes to be considered eligible to compete.

This means any registrations submitted online after **11:59am Wednesday 18 April 2018 will not be eligible** for a scoring team.

Any teams containing athletes not eligible according to the criteria above will be listed as "Invitation" and not score points in the Premiership competition. Teams with unregistered athletes competing under the name of a registered athlete will be disqualified.

NO LATE OR ON DAY ENTRIES WILL BE AVAILABLE FOR THE XCR'18 RELAYS SERIES.

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.



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Bibs:

All athletes **MUST** wear both current AV bibs at all rounds of XCR'18. If an athlete fails to wear both bibs (back and front) they may be disqualified. If any athletes forget their bibs please go to the admin area to get a replacement set prior to the start of the race. Team managers will need to pick up any new memberships from the admin staff on the day of the event.

A reminder that the transfer of bib numbers and/or timing chips to unregistered athletes is a serious breach of competition rules, with significant penalties resulting for all athletes and teams found to be involved. Such actions jeopardises Athletics Victoria's personal accident insurance policy, and the cover extended to all registered athletes.

Relay Numbers:

Colour coded laminated numbers will be used to identify competitors in each Division or Age Group. In 2018 all open and senior men will wear **BLUE** numbers while all open and senior women will wear **YELLOW**.

In senior Divisions the number will indicate the Division and Team Number, i.e. blue number 4-5 will be team 5 in Men's Division 4. Masters numbers will have their age group as the first number, i.e. '40' for Over 40.

For junior athletes in 2018, all Under 14 athletes will wear **PINK** numbers, all Under 16 athletes will wear **GREEN** numbers, all Under 18 athletes will wear **ORANGE** numbers and all Under 20 athletes will wear **WHITE** numbers. Colour coded numbers identifying their age group will be used, i.e. '16' for U16.

All relay identification numbers must be worn on the **FRONT** and **BACK** of each competitor's uniform. A reminder that all athletes competing must wear their 2018/19 AV registered bib numbers during competition and this number must be visible to officials throughout competition.

Recording Sheets:

In order to get the results out as quickly as possible, we need the assistance of all clubs to fill in the recording sheets in a neat and accurate manner. **THERE IS NO NEED TO RECORD LAP SPLITS ON THE RECORDING SHEETS.** We simply require the start time of each athlete, their finish time and the net time. If athletes wish to record their lap times they, or their coaches will need to organise it themselves.

With over 900 athletes anticipated on Saturday and all times to be entered manually, AV really needs the assistance of clubs in delivering fast and accurate results. Please ensure the sheets are filled in clearly and neatly to minimize data entry errors. If sheets are not handed into the admin area your team will not have their results entered.

Team Managers

Duty clubs:

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

APS United, Athletics Essendon (4), Athletics Nunawading (2), Athletics Waverley, Bendigo Region (2), Box Hill, Coburg Harriers (2), Collingwood Harriers (4), Diamond Valley (2), Doncaster, Frankston, Glenhuntly (4), Ivanhoe Harriers, Keilor St Bernards (4), Knox Athletics (2), Malvern Harriers, Melbourne University (4), Mentone (2), Mornington Peninsula, Old Xaverians (2), Richmond Harriers,



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Ringwood, **Sandringham (2)**, **South Melbourne (2)**, *St Stephens Harriers*, **Traralgon Harriers (2)**, *Victorian Masters*, *Western Athletics*, **Williamstown (1)** and **Yarra Ranges (4)**.

Please contact Craig Morrow (Craig@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 the commencement of their scheduled session start time.

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

Club Tents:

Clubs are encouraged to bring club tents to Jells Park; these can be set up in the section of the park that will be roped off by AV for clubs. **There is strictly no pegging of tents.**

XCR Awards

The XCR'17 awards will be presented at approximately 2:30pm. Please listen for announcements.

General

Toilet facilities:

Portable toilets will be made available for anyone to use on the day.

Madeleines Café:

Athletes are permitted to use Madeleines Café toilet however cannot use this as a changing room after or before running.

Looking after Jells Park:

We are very grateful for the opportunity to compete at Jells Park. 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 toilets in a respectable state.

Upcoming Events:

Please see below dates for our upcoming XCR'18 events.

XCR'18 Rd 2 – St Anne's 8km Cross Country

- Date: Saturday 5 May, 2018
- **Entries Close: 11:59am, Wednesday 2 May, 2018**

XCR'18 Rd 3 – Cruden Farm 12km Cross Country

- Date: Saturday 26 May, 2018
- **Entries Close: 11:59am, Wednesday 23 May, 2018**