



2024 AUSTRALIAN CROSS COUNTRY CHAMPIONSHIPS

Symonds Plains Raceway, Launceston, Tasmania

31st August – 1st September 2024

For all pre-departure team enquiries, please contact Tom Gamble at Athletics Victoria via email tom.gamble@athsvic.org.au.

1. POLICY OF SELECTION

There will be an Athletics Victoria Selection Committee established to carry out the selection of the Victorian Cross Country team

The selection committee will operate under the selection policy listed, making amendments where deemed necessary to maintain the best interests of Athletics Victoria and to remain in line with any changes drafted by Athletics Australia.

The AV Selection Committee and Athletics Victoria will have final say over selection, appeals will be directed through State Teams manager Tom Gamble: tom.gamble@athsvic.org.au

2. ENTRY REGULATIONS

- 2.1. Athletics Victoria will nominate their 'Official Team Members' (OTM) from registered club members or bona fide school students who will wear Athletics Victoria uniform – a minimum of four (4) athletes up to a **maximum of twelve (12) athletes**. The first four athletes (in opens), first three (U12-U20) and first two (in Para if meeting minimum team requirements) across the line within this nominated team, count towards the Team Championships.
- 2.2. The Victorian Cross Country Championships on Saturday July 20th (Bundoora Park) will be the selection trial for this team, athletes who do not compete at this event will not be considered for selection.
- 2.3. **It is necessary to submit the expression of interest form, completed on the AV Website or QR Codes available, PRIOR to the State Championships, to be considered for selection.** Athletes will only be considered for the AV Team if they have completed the expression of interest form. In the unusual case that an age group has insufficient nominations to fill an age group bracket of 12 athletes, the next best placed athlete will be contacted.



- 2.4. 24 athletes will be selected for each age group, 12 Male, 12 Female. Selection is determined by athlete finishing order, thus the first 10 athletes to cross the line at Bundoora will represent Athletics Victoria, those 10 individuals will be selected if appropriate selection documentation is completed. The final 2 spots will be made available for discretionary selections.
- 2.5. Athletes who are unable to compete at the trial due to illness/ national or international representation/ extenuating circumstances will need to provide a written application with supporting documentation to be considered, **BEFORE** Victorian State Cross Country Championships. The athlete will also need to have competed in a minimum of one Athletics Victoria On XCR'24 event to be considered for selection.
- 2.6. Athletics Victoria will approve and enter 'Additional Competitors' (AC) from registered club members or bona fide school students who will wear club or school uniform. This number is **unlimited** but cut off times will be provided to ensure a national standard of competition, as listed in National Cut-Off Times below.
- 2.7. All selections will be confirmed via email/AV website on Monday, July 31st
- 2.8. Emergencies will be named and offered places in the team if/when any selections are declined.
- 2.9. Athletics Victoria will **NOT** be submitting an Under 11 Team at these Championships, 10-year-olds are currently not eligible for AV membership or AV events across the XCR'24 Calendar or 2024/25 Season. AV will continue to work through age eligibility and membership growth, in line with the Strategic Plan.

Athletes in the U11 age group are encouraged to follow qualification procedures via School Sport Victoria (SSV) to compete for Victoria at School Sport Cross Country Nationals Tuesday 20th August- Friday 23rd August 2024 at Yarra Glen, VIC.

More information - <https://www.ssv.vic.edu.au/team-vic/pages/cross-country.aspx>

3. EXPRESSION OF INTEREST FORM

Eligibility – To be eligible for a position in the team, an athlete must fulfil the following criteria:

Complete an expression of interest form BEFORE to the Victorian State Cross Country Championships via the link below:

LINK - <https://forms.office.com/r/G35DwH9iyz>

QR CODE -



4. NATIONAL ENTRY FEE

Individual entry to the Australian Cross-Country Championships is **\$52.00** (inc. GST)

Nominations Open **Saturday 21st July 2024**

Nominations Close **Thursday 1st August 2024 (5:00pm)**

Nominations are submitted via the AV Members Portal.

3.1 Victorian Administrative Fee

An Athletics Victoria Administrative Fee will be compulsory to facilitate nominations, entry process, administration and on-the-day management duties.

For All Victorian-based athletes wishing to compete at the Championships, an administrative fee of **\$55.00** (inc. GST) will be charged per athlete. This includes Official Team Members (OTM) and Additional Competitors (AC).

3.2 Late Entries

Late entries can be submitted after 1st August, but no later than 5th August. Athletes entering via late entries will not have guaranteed acceptance and may not be printed in the official program.

All entries received after 5:00pm 1st August 2024 will be subject to a late entry fee of **\$55.00** (includes GST) per athlete.

No entries will be accepted 9:00am 5th August.

5. AGE QUALIFICATIONS

- **Under 12** – athletes born in 2013.
 - **Under 13** – athletes born in 2012.
 - **Under 14** – athletes born in 2011.
 - **Under 15** – athletes born in 2010.
 - **Under 16** – athletes born in 2009.
 - **Under 17** – athletes born in 2008.
 - **Under 18** – athletes born in 2007.
 - **Under 20** – athletes born in 2005 or 2006.
- **Open** – athletes must be turning 16 years of age and be no older than 50 years of age as at the 31st December in the year of competition.
-
- **Para U15** – athletes born in 2010 or 2011.
 - **Para U17** – athletes born in 2008 or 2009.
 - **Para U20** – athletes born in 2005, 2006, 2007.
 - **Para Open** – athletes born in 2004 and earlier.
- **Masters** - athletes 30yrs + as at the first day of competition (31 August 2024)

Under 23 athletes must be born in 2002, 2003 or 2004 and will enter and compete in the Open age division.

Athletes MUST turn 11 in the year of competition to compete in these Championships. Athletes can only enter in one age group.

6. NATIONAL CUT-OFF TIMES

All athletes entered should be capable of meeting these minimum entry standards.

| | | |
|------|----------------------------|-------------------|
| 3km | U12/U13/U14 Boys and Girls | 15 minutes |
| 3km | Para U15-Open Men | 20 minutes |
| 3km | Para U15 –Open Women | 22 minutes |
| 4km | U15/U16 Men | 20 minutes |
| 4km | U15/U16/U17/U18 Women | 20 minutes |
| 4km | Masters Men and Women | 36minutes |
| 6km | U18 Men | 25 minutes |
| 6km | U20 Women | 25 minutes |
| 8km | U20 Men | 32 minutes |
| 10km | Open Men | 40minutes |
| 10km | Open Women | 42 minutes |

These are guidelines and a decision will be made in conjunction with the Technical Delegate, Competition Director, and Referee.

7. CANCELTION POLICY

Entrants in National events will be refunded in full, less a 10% administration fee (minimum \$5) where:

- requests are received prior to the competition entry closing date and time (9:00am 4th August 2024)
- requests received after the competition entry closing date and time must be accompanied by a current medical certificate, however the national event entry component is non-refundable.

Please submit a request as per the above instructions, being sure to include any supporting documentation i.e. Medical certificate.

8. PARA-ATHLETICS CLASSIFICATION

All para-athlete entries must have a current provisional or full National Level Classification or higher to qualify for entry into an Athletics Australia event. If the Athlete's National Classification (or higher) is past its review date, entry will be at the discretion of Athletics Australia.

Athletes with the following classifications are eligible to enter the Para Events. The results will be scored off the 1500m baseline tables. Classifications contested will be T01, T11 – T13, T20, T35-T38, T44-T46. Please note the minimum entry standards below before entering.



9. UNIFORM

All Official Team Members selected in the AV Team are required to wear the official and current Athletics Victoria competition uniform. Athletes who have been selected as an Official Team Member will have a uniform supplier link provided to them for purchasing uniform.

Compulsory Uniform for this trip includes:

Competition singlet or crop top (male or female)

Competition briefs, boy leg briefs, shorts, or half-tights (male or female)

Athletes in Under 20 if not selected in an MA team may alternatively wear their club uniform.

All Australian athletes entered in an Open Chemist Warehouse Australian Cross Country Championships may wear Club/State/National or Sponsored uniform.

10. TEAM TRAVEL

The Australian Cross Country Championships is an individual travel event, as Athletics Victoria will not be supplying team accommodation or travel options. Therefore, athletes are required to organise their own transportation and accommodation.

11. COMPETITION VENUE

The Championships will be held at Symmons Plains Raceway, Launceston (Map), approximately 30km from Launceston's city centre. This could be up to a 22-minute car trip if staying in the city.

12. PARTICIPATING TEAMS

The Championships will be contested by teams from the Australian Capital Territory, New South Wales, Western Australia, Queensland, Victoria, South Australia, and Tasmania.

13. 2024 STATE TEAM MANAGEMENT

An AV representative will travel to the 2024 National Championships to facilitate administrative duties on the race day, including competition bib collection and distribution.

There is no pre-departure team meeting for the 2024 Australian Cross Country Championships, all relevant state team and competitor information will be included in subsequent emails. Also, check the Athletics Victoria & Athletics Australia website on a regular basis for updated information.



14. TIMETABLE

A draft timetable can be viewed here:

Day 1: [Timetable](#)

Day 2: [Timetable](#)

Any adjustments needed to the final timetable will be prepared after the receipt of entries. Any timetable updates will be released via the event page on the Athletics Australia website in the future.

13. FURTHER INFORMATION

Please check the Athletics Victoria website regularly [Chemist Warehouse Australian Cross Country Championships](#) for the latest team news and event updates. If you have any concerns with any of the information in this bulletin, please don't hesitate to contact Athletics Victoria on (03) 7032 8400, or via email, tom.gamble@athsvic.org.au.

GOOD LUCK, AND GO VICS!!!