

Bayside Cross Country Program 2009

Date	Program	Venue
18 April	A	Bald Hill Park (Registration from 8:30am). Map 78 K4
25 April	B	Bald Hill Park. Map 78 K4
2 May	B	Karkarook Park. Map 78 K4 - proposed
9 May	B	Seaford Open Day – points day
16 May	Time Trial Day	Hampton Beach Foreshore. Map 76 F6 near Small St.
23 May	B	Bayside Open Day Bald Hill Park. Map 78 K4 or Karkarook
31 May	B	Box Hill Open Day (Wattle Park).- Optional (Note this is a Sunday)
6 June	Relay Day	Duncan Mackinnon. Map 68 K8
13 June	B	Karkarook - proposed
20 June	B	Bald Hill Park. Map 78 K4
27 June	B	Regional Cross Country Challenge Day - points.
4 July	B	Knox Open Day. Nortons Park. Map 72 A2 - Optional
11 July	B	Bald Hill Park. Map 78 K4
18 July	B	Bald Hill Park. Map 78 K4 – Venue Championship Day
26 July	B	State Cross Country Champs. Bundoora Park (Note this is a Sunday)
1 August		Presentation Day. Venue to be Decided

Age Groups	A	B	C
U6, U7, U8	500m	1000m	800m
U9, U10	1000m	1500m	2400m
U11, U12	1500m	2000m	2400m
U13, U14, U15, Open	2000m	3000m	3600m

All competition days will start at about 9:10 with a course walk. The first race of the day will start promptly at 9:30am. **So please don't be late.**

If you have any questions call your cross country coordinators or look at the web page at www.baysidexc.org.au. The Bayside coordinators from each of the supporting centres are as follows: Sandringham: Chris 0416 293 203 or Alex 0434 971 706, Mentone: Michelle 0417 139 668, Brighton: Paul 9592 4444, Oakleigh: Pam 0411 097 595 or 9704 0018, Moorabbin: Lex 0407 528 740, Springvale: Sharon 9798 3059 and Caulfield: Jeff 0425 725 315.



What is Cross Country ?

During the winter athletics break a number of Bayside Athletics Centres coordinate a Cross Country running competition.

What is Cross Country running ? It is a race run on a course that is typically a middle to long distance over grass or dirt and may include hills, valleys and sometimes obstacles to jump or duck. The distances vary depending on the age group as does



the course that is set.

Events are run each Saturday morning and start with a course walk or warm up at 9:10 am. The first event is started at 9:30am Sharp. It is open to age groups from U6 to U15 (as per the athlete's last summer season). There is also an Open event for anyone over 15 including mums and dads.

Distances vary from 500m for U6-U8 age groups to 3.6km for the U13 and above. Note that there is a shorter distance for the

first week then the State distance is run in preparation for that event with two longer distance courses available.

At the end of each season we have a presentation night at which trophies are awarded to all regular athletes who have paid their season fees.

Who Runs Bayside Cross Country

Bayside Cross Country is run by one or two volunteers from each of the participating athletics centres. Currently this includes members from Brighton, Caulfield, Mentone Moorabbin, Oakleigh, Sandringham, South Melbourne and Springvale.

How to Join

You must already be a paid member of a Little Athletics Centre. If you are not you will have to join one. You choose which Centre you wish to join. Advice will be given to you as to which Centre is the closest to your school or residence.

If an athlete competes at Regional and/or State Cross Country competitions you will represent the centre that you have joined or for which you are already a member not Bayside.

To join you simply contact your Centre Cross Country representative or register on the first day of competition. Contact details for each Centre are supplied on the back of this booklet.

Costs

The season entry fee is \$25 for all registered athletes and "Open Age" entries. This fee includes entry to the Bayside Open Day.

Casual athletes can run on any Saturday competition day for a fee of \$2 per day. This will not be deducted from a season entry fee. Casual athletes are not eligible for awards or trophies.

This season we will also offer a Bayside Cross Country long sleeve T shirt for \$5. These will not be available immediately as we need to know how many we will need. A design will be posted on the web page and if you would like one please let your Centre Cross Country representative know.

Region & State Competitions

Under 9 to under 15 athletes **no longer** need to compete at the Regional Cross Country event to be eligible to enter the State Cross Country championships. Athletes must wear their approved Centre Uniform at these events. The under 7 to under 8 age groups also compete at both Region and State level however these are invitational events only. Under 6's and Open athletes can compete at the Regional event only.



Entry costs are as follows:

- Under 9 to 15. \$5 per athlete for both Regional and State events.

- Under 7 to 8. \$2 to per athlete for both Regional and State events.
- Under 6 and Open. Gold Coin. Region only.



Team Events

Team competitions are also held concurrently at Region, State and Open Day competitions. Teams are made up from the first three athletes in the same age group from the same Centre. Points are allocated according to placing so even if one team member finishes close to the end of the pack the team may still be eligible for a medal.

Open Days

A number of Centres conduct Cross Country Open Days which we will try and advise members about as we find out where and when they will be run. We have included a number of Centre Open Days in our program Calendar. We encourage you to attend these. You get to run at new locations against athletes you would not normally see until you get to Regionals or State level competitions.

Officials

Like all of these type of events we need help to run the cross country events every weekend. Up to 10 extra officials are needed to assist but also to act as course marshals to ensure the safety and well being of the

athletes as they run the cross country course.

We will make up a roster but please feel free to offer a hand, it will always be welcome. In the end many hands will make the running of cross country easier.

Championship Points & Awards

To be eligible for a cross country championship medal or award you must have competed in at least 50% of the available competition days. After this qualifying your place on each competition day will contribute to your season points tally which decide awards.

Each season we present two perpetual shields. These are for athletes who try all season regardless of what place they finish,



maintain a good attitude and good sportsmanship towards other athletes, officials and the sport of cross country.

Athletes that compete in 100% of events will also be presented with 100% Participation Certificate.

Region & State Competition

Under 9 to under 15 athletes **DO NOT** need to compete at the Regional cross country event to be eligible to enter the State Cross Country Championships. This event will now be run as an Open Day.

What to Wear

At the weekly competition your club uniform or Bayside Cross Country shirt (along with registration patch) would be preferable. Cold weather may dictate a change in what you wear. You must also wear your registration patch. Its a VLAA requirement and it makes it easier to identify who you are.

Correct Centre Uniforms must be worn at Region and State championships. You will be disqualified if you do not wear the correct uniform.

Good fitting footwear that gives support and grip on wet grass and dirt is recommended. **Spikes are not permitted.** It is advisable to bring a dry pair of socks and shoes to wear after your run.



Program.

See the back page for the proposed program. Depending on numbers age groups may be combined with other age groups who are running the same distance.