

Bayside Cross Country Program 2008

Date	Program	Venue
19 April	A	Bald Hill Reserve (Registration from 8am). Map 78 K4
26 April	A	Bald Hill Reserve. Map 78 K4
3 May	C	Duncan McKinnon Reserve. 68 K8 near Crosbie & Murrumbeena intersection.
10 May	B	Seaford Open Day. Seaford North Primary School, Halifax Street, Map 97 F11
17 May	B	Hampton Beach Foreshore. Map 76 F6 near Small St.
24 May	B	Bald Hill Reserve. Bayside Open Day. Map 78 K4
31 May	B	Karkarook Park. To be confirmed. Map 78 E7. Parking area off Fairchild.
7 June	B	Bald Hill Reserve. Map 78 K4
14 June	C	Duncan McKinnon Reserve. 68 K8 near Crosbie & Murrumbeena intersection.
21 June	B	Karkarook Park. To be confirmed. Map 78 E7. Parking area off Fairchild.
28 June	B	Regional Cross Country. Location TBA
5 July	B	Knox Open Day. Nortons Park. Map 72 A2
12 July	B	Hampton Beach Foreshore. Map 76 F6 near Small St.
19 July	B	Bald Hill Reserve. Map 78 K4
27 July	B	State Cross Country Championships. Lardner Park. Map 612 U8
2 August	B	Bald Hill Reserve. Bayside Championship Day. Map 78 K4

Distances	A	B	C
U6, U7, U8	500m	1000m	800m
U9, U10	1000m	1500m	1200m
U11, U12	1500m	2000m	1.2 or 2.4 km
U13, U14, U15, Open	2000m	3000m	2.4 or 3.6 km

All comp days will start at about 9:10 with a course walk. The first race of the day will start promptly at 9:30am. **So dont 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 the a number of Bayside Athletics Centres coordinate a Cross Country running comp.

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 athletes last summer season). There is also an Open event for mums and dads to have a run.

Distances vary from 500m at the U6 level to 3000 metres at the U13-15 and Open. Note that the program is set to have shorter

distances run during the first few weekends but these are eventually dropped so that athletes run similar distances to what they will encounter at Regional and State Competition.

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

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 Sandringham, Mentone, Brighton, Oakleigh, Moorabbin, Springvale, Caulfield and now South Melbourne

How to Join

You must already be a paid member of an athletics Centre. If you are not a member of a Little Athletes Centre. You will have to join one. Depending on-where you live we can make recommendations as to which Centre you should join.

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.

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 in this document.

Costs

The season entry fee is \$25 for all registered athletes and "Open Age" entries. This fee includes entry to the 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 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 must compete at the Regional Cross Country event to be eligible to enter the State Cross Country championships. Athletes must wear their designated 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 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 a new locations against athletes you would not normally see until you get to Regionals or State level competitions. Your points at these events will count towards championship points at the end of season.

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 watchers

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 comp day will contribute to your season points tally which decide medals and awards.

Each season we present two perpetual shields. These are for athletes who try all



season regardless of the what place the 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 certificate of merit.

Region & State Comp

Under 9 to under 15 athletes need to compete at the regional cross country event to be eligible to enter the State Cross country championships.

What to Wear

At the weekly competition your club uniform or Bayside Cross Country T shirt (along with registration patch) would be preferable. Cold

weather may dictate a change in what you wear, but please also use your registration patch as it makes it easier to identify who you are.

Correct Centre Uniforms must be worn at region and state championships. You may be disqualified if you do not wear the correct uniform.

Good footwear that gives 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 pack page for the proposed program. Depending on numbers age groups may be combined who are running the same distance.

