

CROSS COUNTRY CHAMPIONSHIP 2019

The ACC Cross Country Championships will once again be taking place at Bundoora Park.

Date : Wednesday 11th September, 2019

Venue : Bundoora Park, Plenty Road Entrance, Bundoora

Starting Times :

Under 13	10.45 am	3000m
Under 14	11.15 am	3000m
Under 15	11.45 am	3000m
Under 16	12.15 pm	5000m
Under 17	12.45 pm	5000m
Senior	1.15 pm	5000m

Ages : Age groupings will be taken from 1st **January** of the current year, as per rule 2.1 of ACC Handbook

Teams : A team will consist of a maximum of **10 competitors**.

Uniform : All runners must wear correct College shorts and singlets.

Spikes : Will not be permitted. Students wearing spikes will be disqualified.

The Course : There is a 2 km loop and a 3km loop. The **3km races** complete one loop of that course. The **5km races complete the 2 km loop first and then finish with the 3 km loop.** The map of the course is provided at the end of this document.

Starting Positions : All competing Colleges have been given a position on the start line according to the draw (see below). **Competitors will be called to the start line 5 minutes before the starting time for a briefing.** It is the responsibility of the coaches to ensure all their runners are ready to race when called.

Age	POS 1	POS 2	POS 3	POS 4	POS 5	POS 6	POS 7	POS 8	POS 9	POS 10	POS 11	POS 12
U/13	SBE	MAZ	SJF	SAL	WFD	CBC	EMM	SJG	SIM	DLS	PAR	SBM
U/14	PAR	SBM	SBE	MAZ	SJF	SAL	WFD	CBC	EMM	SJG	SIM	DLS
U/15	SIM	DLS	PAR	SBM	SBE	MAZ	SJF	SAL	WFD	CBC	EMM	SJG
U/16	EMM	SJG	SIM	DLS	PAR	SBM	SBE	MAZ	SJF	SAL	WFD	CBC
U/17	WFD	CBC	EMM	SJG	SIM	DLS	PAR	SBM	SBE	MAZ	SJF	SAL
SEN	SJF	SAL	WFD	CBC	EMM	SJG	SIM	DLS	PAR	SBM	SBE	MAZ

- Results :** “OZ Timing” will be in charge of results this year and will be using electronic timing and finish line recording software for results management. Each athlete will be provided with a race bib with an ID number that will be used in determining finish line order and subsequent results. These race bibs are weatherproof and tear resistant. Each Team Manager is to collect a plastic container with their school’s race bibs from the Event Management Marquee upon arrival at Bundoora Park and ensure that each participant is correctly fitted before reporting to the start line. Each participant will need to attach the race bib to the front of his school singlet using 4 safety pins. The pins should be placed through the 4 small holes in each corner. Once participants finish their race they are free to move back to their school area. The race bibs will need to be collected after each race by the Team Manager and returned at the conclusion of the event.
- Spectators :** It is vital that all spectators on course are properly supervised. In past years we have had issues with spectators running alongside competitors urging them on, which leads to some confusion for course marshals. At no stage is any spectator allowed to run alongside competitors – those doing so will be reported to course marshals and may result in a protest against the school involved. If at any stage a spectator needs to cross the track, they should ensure that they take great care not to disrupt the race in any way. The starting and finishing areas are to be kept clear of spectators at all times. Any spectator on course is to ensure that they are not dressed in their school’s running attire – this could lead to confusion for course marshals and result in either a protest or disqualification for the school involved.
- Protests :** Must be lodged within ***15 minutes*** of the completion of the race.
- Results :** **The first six runners from each team will gain points.** The team with the lowest score will be declared the winner of each race. All results will be updated live on the ACC website (www.accmelb.com.au) as well as listed on the electronic scoreboard near the finish line.
- Officials :** **All competing Colleges are to supply 2 officials.** These staff will act as course marshals. Names of your officials must be submitted by Monday August 26th. On the day, all officials should report to **Dom Scarpino** and **Rosie Welsford** at the Event Management Marquee no later than 10.15 am.
- Toilet Facilities :** There are adequate toilet facilities but there are no change rooms. Competitors should come dressed ready to run. Portable toilets and water station will also be available for athletes and spectators.
- Parking :** Will be advised on the location map.
- Presentations :** The presentation ceremony will take place after the last race. It is courteous for all schools to remain behind where possible for the presentation of awards. Banners and pennants will be presented to the Champion school in each age group and section, as well as for the overall winners in both divisions. We will also present individual awards to the first three place getters in each **race** (inclusive of both divisions).
- Photography:** There will be two ACC appointed photographers working on the day. A link will be provided to all schools post event with access to download high res copies of all images from the event. School based photographers must ensure that they do not interfere with the runners whilst on course, and must remain behind the barriers at the finishing zone.

- Videography:** An event highlights video will once again be produced and made available to schools a few days following event day.
- Clean Up :** Colleges are responsible for cleaning up their areas. There will be bins at the venue.
- First Aid :** First Aid services will be provided and can be found next to the Event Management Marquee near the finish line. We will also have a mobile first aid unit available on course. For any first aid assistance, please contact one of the course marshals with a radio or phone Paddy McKenna on 0433 282 445.
- Shelter :** Shelter will be provided for the recording officials. All schools will need to provide their own shelter for their participants.
- Lunch :** Lunch will be provided for all officials. A coffee van will be present for hot drinks. Officials will be provided with complimentary drinks, with vouchers available from the event management marquee.
- Race Bibs :** All competitors are required to wear the official ACC race bib. These can be collected by your ***Team Manager*** from the Event Management Marquee. Pins will also be provided, but schools are encouraged to also provide some spares of their own. All race bibs will need to be collected by the Team Manager and returned at the conclusion of the event. Pins need to be removed and placed in the plastic box provided, and the race bibs stacked neatly in numerical order and returned in the plastic container.

Any Queries regarding the Cross Country event can be directed to the ACC office using the contact details at the conclusion of this package. Please read the ACC Handbook in both the Cross Country and Carnival Rules sections.

Paddy McKenna
paddy@accmelb.com.au
0433 282 445
8561 1132