



# CROSS COUNTRY SEASON

## 2022 HANDBOOK



[www.echucamoamalac.com.au](http://www.echucamoamalac.com.au)

# WELCOME

## WHAT IS CROSS COUNTRY?

The Winter Cross Country program takes place between April and August where athletes participate in Cross Country running on a weekly basis.

Athletes still participate as part of the same Centre that they were in during the Summer Track & Field program, however, unlike the summer program, nearby centres all participate together usually in different locations.

On any given Cross Country day, athletes will participate in one event only. The distance of the event the athlete participates in is the same in any Cross Country program across Victoria. Cross Country is generally run in a parkland area over terrain.

A Cross Country day is shorter in duration due to fewer athletes participating and only one event per athlete. A Cross Country day also only involves a single event being run at any one time. These programs are determined by the Cross Country group your Centre is involved with.

Maximum XC distances are set out as follows:

<b>U6</b>	<b>U7</b>	<b>U8</b>	<b>U9</b>	<b>U10</b>	<b>U11</b>	<b>U12</b>	<b>U13</b>	<b>U14</b>	<b>U15</b>	<b>U16</b>
500m	1km	1km	1.5km	1.5km	2km	2km	3km	3km	3km	3km

## WHAT DOES EMLAC CROSS COUNTRY SEASON LOOK LIKE?

Our cross country season is a positive, family orientated event. We encourage all abilities to participate and reward PB's (personal bests) throughout the season. Most of all we encourage all athletes to simply have fun and enjoy their running.

We run and race at varied locations that rotate throughout the season to add variety ... through puddles, bush trails, mud and open grass and in all weather conditions.

Our season runs for 10 weeks every Saturday morning, usually commencing in May and on our final week we run a centre championship where athletes are rewarded for their efforts with a presentation of medals and a BBQ.

Throughout the season there are opportunities for athletes to compete in centre carnivals, state cross country relay and also region and state events, very similar to the track and field season.

## 2022/22 COMMITTEE, XC & CONTACTS

PRESIDENT:	Leah Smith	0458 504 744
VICE PRESIDENT:	Melanie Micalizzi	0407 094 488
SECRETARY:	Rebecca Blight	0418 130 203
TREASURER:	Chris Kadri	0407 819 366
CENTRE REGISTRAR:	Nicole Fraser	0488 145 774
COMPETITION & NCR REPRESENTATIVE:	Leah Smith	0458 504 744
CROSS COUNTRY CO-ORDINATOR/ RACE DIRECTOR:	Phil Powderly	0411 446 425
CROSS COUNTRY ADMINISTRATION:	Rebecca Blight	0418 130 203

## EMLAC DETAILS & RESOURCES

Email: [echucamoama@lavic.com.au](mailto:echucamoama@lavic.com.au)

Website: [www.echucamoamalac.com.au](http://www.echucamoamalac.com.au)

NCR Facebook Public Group: [@LittleAthleticsNorthernCountryRegion](https://www.facebook.com/LittleAthleticsNorthernCountryRegion)

Little Athletics Victoria: [www.lavic.com.au](http://www.lavic.com.au)

Facebook: [@echucamoamalittleaths](https://www.facebook.com/@echucamoamalittleaths)

Instagram: [@echucamaomalittleaths](https://www.instagram.com/@echucamaomalittleaths)

# GOALS OF ECHUCA MOAMA LITTLE ATHLETICS

## For Parents & Spectators

- Our focus is on improving individual performance and not on determining winners and losers. Honest efforts are more important than victory.
- Encourage children to participate if they are interested, if not, do not force them. Encourage them to try again next time.
- If your child is having difficulty with any aspect of Little Athletics, talk to a committee member or another parent. Athletes can quickly lose interest if problems are not resolved immediately.
- Recognise the value and importance of volunteers, coaches & officials. They give their time and resources to provide enjoyment for the children and deserve your support.
- Guard against projecting your aspirations onto your child.
- Children have different abilities and will develop at different rates as the years go by. The best way to maximise your child's performance is by learning the correct skills, ensure they enjoy what they are doing and most importantly ensure they receive plenty of encouragement and support.
- Be a good role model for sports behaviour. Be courteous to athletes, officials and other spectators.
- Children compete for enjoyment. Discourage the "win at all cost" mentality.
- Make any new parents/families welcome on all occasions.
- Do not abuse any child, particularly your own.
- Reward the performances of all athletes with generous praise and applause.
- Never ridicule or yell at a child for making mistakes or losing an event. Bad language is not tolerated.
- Condemn unsporting behaviour and promote respect for all opponents.
- Parents are discouraged from judging/measuring performances of their own child if circumstances allow.

## For Athletes

- Play by the rules and compete for enjoyment.
- Be a good sport. Applaud all results, whether they are by your Centre, opponent or another Centre.
- Never argue with an official. If you disagree, ask your age group manager to deal with the matter.
- Control your temper. Verbal abuse of officials or other athletes, deliberately distracting or provoking an opponent is not acceptable or permitted in our sport. Bad language is not tolerated.
- Treat all opponents the way you would like to be treated. Do not interfere, bully or take unfair advantage of another athlete.
- Cooperate with all officials and other participants. Without them there would be no competition.

# EMLAC CROSS COUNTRY CALENDAR 2022

The EMLAC season calendar has not been released yet. This document will be updated once it is as well as posted on our socials and website.

## Program

Event	Program 1		Program 2		Program 3		Program 4	
1	U7-8	1000m	U13-16	3000m	U9-10	1500m	U11-12	2000m
2	U11-12	2000m	U7-8	1000m	U13-16	3000m	U9-10	1500m
3	U06	500m	U06	500m	U06	500m	U06	500m
4	U9-10	1500m	U11-12	2000m	U7-8	1000m	U13-16	3000m
5	U13-16	3000m	U9-10	1500m	U11-12	2000m	U7-8	1000m



## HOW TO ENTER

### 2021/22 Registered Athletes

Athletes who were registered for the 2021/22 track and field season are already covered for their cross country registration. All they have to do is turn up on the day of the meet to participate.

### Previously Registered Athletes

Athletes who have previously competed in our track and field or XC season, prior to 2021 will need to register via the [LAVic](#) website as a Returning Member.

### New Members & Athlete Trial

If an athlete hasn't participated in Little Athletics before you are entitled to a two week trial before registering for the season. [Athlete trial registrations](#)

If you wish to participate in the whole season without begin a trial athlete, you may do so by simply following the New Member registration and skipping the Trial Athlete option.

To register as a New Member or a Trial Athlete, go to the [LAVic](#) website and register through the [New Member](#) link.

### Athletes from another centre

Athletes who are registered at another centre across Australia, whose centre does not run a XC season or are simply visiting and wish to participate are welcome to join us.

If an athlete wishes to participate in our 10 week season and be eligible for awards in our championship competition, they must supply their details through their centres secretary and email us at [echucamoama@lavic.com.au](mailto:echucamoama@lavic.com.au). The cut off date for each week is the Wednesday prior to the meet that Saturday. Our fee for these financial athletes is \$30 and payable direct to our centre account (details will be provided).

If an athlete is just visiting and would like to have a run with us, our fee for a Little Athletics Australia financial member is \$5 per run. Details need to be provided in advance to our centre secretary via [email](#) if the athlete wants their results recorded. Cash can be taken on the day or payment organised prior through our secretary.

## COMPETITION DAY

### On the day

Athletes will turn up on the day a minimum 10 minutes prior to start time. Athletes will get their name marked off at the registration table and collect their patch.

At 8.50am athletes in the first race will be marshaled and receive their race briefing by the starter. Racing will begin. Each age group will start once the race prior has finished. At times we may run consecutive races in 10 or 15 min increments or join age groups dependant on numbers.

This process is subject to change to suit conditions and numbers on the day.

### First Aid

We will have a first aid officer on hand at every meet. In the event that first aid is needed, a marshal will radio through to the Race Director that will organise our first aid officer.

### Parent supervision

The season is strictly a **NO DROP AND RUN** season. This is vital in the success of the season. Due to different venues each week athletes need a guardian present. If we find a young athlete is unattended by a guardian, the athlete will be asked to sit out of the competition.

### Parent/volunteer help and rosters

As we all know, these types of events do not run on their own but rather by volunteers. The XC season is no different. In order to hold the event there are many duties needed to make it run successfully.

A parent roster will be distributed and it will be an expectation of our parents/guardians to fulfill their duties. If they do not fulfill any duties, their athlete not being able to compete or be eligible for awards in the end of season championship.

A roster will be sent out each week. It will be your responsibility to change your duty with another if you are unable to fulfill that duty.

### Start of competition

Competition is run every Saturday morning at the venue listed in the [calendar](#).

### Marshals, Volunteers and Rostered Helpers

Marshals, volunteers and rostered helpers will have a briefing at **8.45am sharp**. This briefing is to inform helpers of the course and marshal positions, along with all the information needed to be an effective marshal for the safety of our athletes.

Please see Marshal and Volunteer roles and descriptions [here](#).

## Athletes

The first race will commence at **9.00am sharp**.

All athletes in the first race will be marshaled 10 minutes prior to their race time. This is for the starter marshal's briefing. The briefing will include instructions on the course the age group/s running, safety information, starting information along with the general rules of the competition.

Once the first race is finished the next race will be marshaled and briefed before commencing.

This process is subject to change to suit conditions and numbers on the day.

**NOTE: if an athlete misses their marshaling time and therefore their briefing - the athlete cannot compete. The briefing is for the safety and wellbeing of all our athletes, it contains very important information about the course.**

## Starting

Once athletes have been briefed, they will proceed to the start line, which is identified by a long white line on the ground.

Athletes will line up in one single row to start race. If there is not sufficient room for one single line, athletes will be marshaled into 2 rows, one behind the other.

Race will start via our starter and our timing gates system or a starters gun. Athletes are NOT to run through timing gates when crossing over courses (longer distances-refer to maps). There will be marshals and cones to direct athletes around timing gates. All athletes will pass through timing gates at the end of their race in the one direction.

Once an athlete passes over the finish line they are to receive a number from the finishing marshal. **If you do not have a number your time cannot be recorded - please remember to get a number after you come through the finish line and in order of place.** Athletes will then proceed to timing table in an orderly manner to have their patch scanned and time recorded. Athletes will then hand over their patch for safe keeping until the next week.

## Age Group Progressions

There is no age group progressions in this seasons cross country. This means an athlete cannot run in an older age group and run the older age group distance, and be recorded for it.

Please don't confuse this with running age groups together in an event. At times we may, where we see suitable run age groups together dependant on numbers - however they will be running their own age group distance and no further.



## UNIFORMS

EMLAC uniform is required on competition day. Other centre athletes must wear their centre uniform.

- EMLAC singlet, long sleeve tops (any) are suitable to wear underneath.
- Black shorts, leggings/tights or tracksuit pants.
- Coles patch to be above LAVic logo on singlet, and Commonwealth Bank patch.
- Appropriate footwear must be worn. ie. XC waffles, sneakers/runners. NO spikes allowed.
- If you intend to compete at external competitions, EMLAC singlet/uniform must be worn and all uniform guidelines of the event must be followed. ie. region or state events. **Please refer to LAVic competition uniform guidelines.**

All new EMLAC uniform purchases can be made online only. Once ordered, your order will be available at the EMLAC shed either on training nights during the week (TBC) or the next Saturday meet.

Orders are through our online shop at:

<https://www.echucamoamalac.com.au/uniform-store>

## Second Hand Uniform

We do have select few secondhand singlets available to purchase for \$5-\$10. A basket will be available on meet days at the registration table. Cash only.

## PATCHES

You must wear your weekly patch to compete. **NO PATCH NO PLAY!**

If you are a 2021/22 member and you still have your Commonwealth Bank patch, please use it, it is still valid.

All other new members will receive a plain paper patch with their registration and will be available at the registration table on our first competition day, and returned once race and results are recorded.

Trial Athletes will receive a patch in their email from LAVic. Simply print it out and wear it on the day.

## Patches for Region, State and Open Day competitions

For these competitions athletes MUST wear a Commonwealth Bank patch. If you are competing externally, please email us at [echucamoama@lavic.com.au](mailto:echucamoama@lavic.com.au) your intent. We will supply you with a Commonwealth Bank patch.

## **Saving our patches**

Over the track and field season we had many patches damaged, were lost or not worn at all. We re-printed a number of replacements last season.

There is currently a shortage of patches at LAVic and we only have a very limited number available, so we have come up with a system that will hopefully eliminate, lost, damaged or forgotten patches each week. Plus we have no spare patches to replace any.

Each week at the registration table once you mark your name off, you will pick up your patch to wear for the day from a folder on the table. Once run and have your time recorded at the table, you will return your patch to the folder (labeled in alphabetical order) before you leave.

We hope this system keeps all patches safe and no athletes will run the risk of damage or forgetting patches,

## **RESULTS**

All results will be found in the Results HQ family portal. If your race was timed with the timing gates it will be automatically uploaded to your portal. If your race was timed using the hand held timer, they do need to be manually entered and will be available once entered.

For Results HQ instructions [CLICK HERE](#).

## **EMLAC COMPETITION RULES**

All athletes are to abide by our centre rules at all times. If the rules are not adhered to the athlete will face disqualification from the event.

- Athletes will run in their age groups and the distance for that age group only. There are to be no age group progressions.  
Age Group Distance  
U9, U10 1.5 km  
U11, U12 2.0 km  
U13, U14, U15, U16 3.0 km
- At no time will the athlete veer off or take a 'short-cut' from the course. If it is deemed an athlete has taken a 'short-cut' the athlete will not be allowed to participate for the rest of the season.
- The course will be clearly marked. If an athlete is ever in doubt on where to go please ask a stationed marshal (yellow vest) or look for the Tortoise and Hare runners (red vest).
- All athletes will be placed in a single row at the start line. Where there is too many athletes another row will be formed behind the first row of athletes.
- There is to be strictly no elbows, pushing or barging either during the course or at finish line.
- Appropriate footwear must be worn at all times.
- If an athlete misses their briefing prior to the race, the athlete cannot participate. This is for the safety of the athlete.

## **CLUB CHAMPIONSHIP**

- To be eligible for an award in the club championship race at the end of the season, athletes must have participated in at least 4 club meets throughout the season. If an athlete has not competed in at least 4 meets then they may still compete however are not eligible for an award.

There will be specific details on registering for the club championships closer to the date.

- Awards are given for the winner boy and girl for each distance. ie. 1000m Champion.

## **PERSONAL BESTS**

- EMLAC will recognise PB's per each track and PB certificates will be given at the end of the season presentation - Club Championship day.
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## **A MESSAGE FROM OUR COMMITTEE**

We would like to thank you for your interest in our cross country season and hope that our athletes and families enjoy the program we have for 2021.

As this is our first ever season at EMLAC, we would like to ask if everyone could be patient with us. We are learning as we go along and things may not always go as planned.

Whilst every effort has gone into planning a successful season, if in the event things don't go to plan, we do ask that you be kind and courteous and even put your hand up to help if we need it.

We are excited for the season and hope to see many new and old faces at our tracks each Saturday morning.

Thank you in advance and happy running!

EMLAC COMMITTEE

# Thank You

## **MARSHAL & VOLUNTEER ROLES**

### **RACE DIRECTOR (RD):**

Responsible for course set up, running of competition and pack up. Ensuring all marshals are aware of their duties and positions on course for events.

### **ALL MARSHAL BRIEFING:**

All marshals are to attend the marshal briefing by race director at 8.45am.

All track marshals to wear a yellow vest.

### **TRACK MARSHALS:**

Responsible for directing athletes on course, counting athletes as they pass by and reporting any injuries / race withdrawals to RD.

At the briefing you will receive important information and requirements. You will acquire your 2 way radio and athlete count paperwork. You will then be required to take your place on the track and be ready for the first race to begin at 9.am.

NOTE: If you are a track marshal and have younger children running, please organise what your child will do once they have finished their race if you are the only parent as you will be out on the course marshaling.

### **FINISH MARSHALS:**

At briefing finish line structure will be explained (if needed depending on course).

You are required to hand out the place numbers to athletes as they cross the finish line so they can be recorded in order. Direct finished athletes to the recording table.

You will also direct athletes either through timing gates or across a different finish line if using hand held timers.

### **TORTOISE & HARE SYSTEM**

All runners to wear a red vest.

The tortoise and the hare system is a system used for the safety of the athletes and to help navigate the course. The hare runs at the front and the tortoise at the back of the pack.

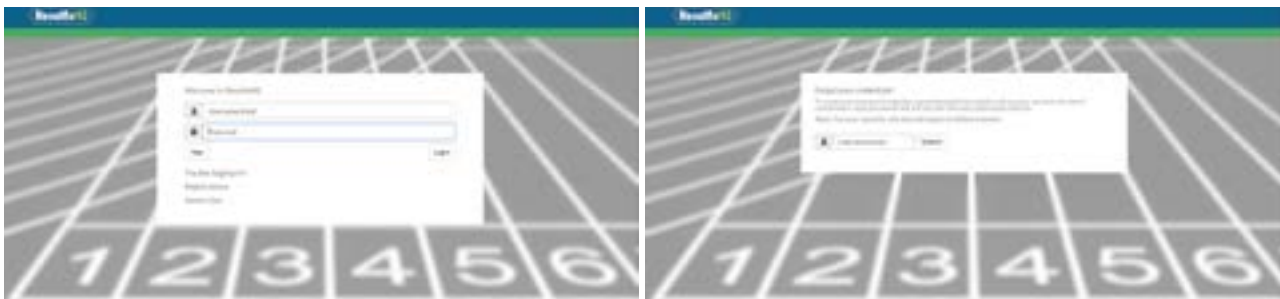
The hare is responsible for leading the nominated age group through event course.

The tortoise is responsible for following the nominated age group through event course ensuring no athlete is left behind, checking number of athletes passed by marshals and reporting any injury or athlete withdrawing from race to RD.

All U13-U16 runners may assist as a tortoise or hare as part of the warm up if they wish.

## RESULTS HQ INSTRUCTIONS

1. Go to [www.resultshq.com.au](http://www.resultshq.com.au)
2. Log in using your existing login details.
  - Returning members use your old login details if you can. If not, reset password through the 'Trouble login in?' link.
  - New members who do not have Results Hq set up yet:  
Click on 'Having trouble login in?' Follow the prompts to reset password.  
This will create your account. Once reset, login.



3. Once logged in you will see a page with your athletes name. Once results are recorded they will be listed in this portal.

