

CHEMIST WAREHOUSE AUSTRALIAN CROSS COUNTRY CHAMPIONSHIPS *(Incorporating the Australian All Schools Cross Country Championships, Australian Masters Cross Country Championships and UniSport Cross Country Championships)*

31st August and 1st September 2024

Symmonds Plains Raceway, Launceston, Tasmania

TECHNICAL REGULATIONS

Athletics Australia welcomes all participants in the 2024 Chemist Warehouse Australian Cross Country Championships. It is important that all participating athletes and where relevant coaches and para-guides/support personnel take the time to read and adhere to the rules and regulations below, to allow smooth conduct of the Championships.

These Championships will be conducted according to the rules of World Athletics, World Para Athletics, and Athletics Australia (and where applicable to Australian Masters Athletics and UniSport Australia)

1. Uniforms

All athletes entered in the Championships must wear their approved Member Association. For those athletes outside of the MA selected team then club uniform must be worn. Masters Athletes must wear the uniform of their Masters State Association and University Athletes (not competing under a Member Association) the University uniform.

Particular attention is drawn to the Nike Pro and similar instances with other manufacturers, where oversized branding around the top bands of lower body garments is prevalent. Athletes will not be permitted to compete in those items which do not comply with the advertising regulations. Taping or the turning down of such non-compliant items will not be allowed. To avoid stress on arrival at the Call Room athletes are asked to ensure that they are not wearing these garments for on-field warm-up or competition purposes. *Queensland Athletics currently have a uniform exemption until 31 December 2025.*

2. Athlete Check In

All athletes are required to check in for their event with their Team Manager. Athletes in the Masters age groups and the University competition will collect bibs and check in at the Technical Information Centre.

3. Scratching from an event

If an athlete fails to participate in an event after confirmation, they will be shown in the results as DNS.

4. Athlete Bibs

The Athlete bibs issued to athletes for the Championships must be worn on the front and back of their competition uniform attached with no less than four (4) pins. The athlete bibs including sponsorship information must be always visible and no part of the athlete bibs shall be folded under the uniform.

Each set of Athlete bibs will have a timing tag attached.

All athlete bibs are to be collected from their team manager, except Masters and University entered athletes who can collect their bibs from TIC. If an athlete loses their bib, then the team manager will need to collect a new athlete bib from the Athletics Australia Competition Manager. The cost of a new athlete bib will be \$20.

All Relay bibs can be collected from TIC on Saturday 31 August from 3.00pm. For the masters mixed relay these bibs will be available on Friday 30 August between 2pm and 4pm.

ATHLETICS AUSTRALIA WILL ENFORCE WORLD ATHLETICS RULE TR 5.9 & TR 5.11, WHICH RENDER AN ATHLETE LIABLE TO DISQUALIFICATION IF S/HE TAMPERS IN ANY WAY THE COMPETITION BIB.

5. Age Groups

- Under 11 – athletes born in 2014.
- 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 under 50 years of age as at the 31st December in the year of competition.
- Para U13 – athletes born in 2012, 2013, 2014.
- 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 10 in the year of competition to compete in these Championships. Athletes can only enter in one age group.

6. Entries/Teams

There is no restriction on the numbers of athletes that may be entered in any event from the Under 11 through to Open aged events (able bodied or para), however all athletes must be selected or approved by their Member Association. Athletes may only enter in only one age group only. Except for open, this must relate specifically to their year of birth.

Each Member Association will nominate their 'Official Team Members' (OTM) from registered club members or bona fide school students who will wear state/territory uniforms – **a minimum of four athletes up to a maximum of twelve athletes**. The first four athletes (in opens), first three (U11-U20) and count towards the Team Championships.

For Para there must be at least three teams confirmed for an age group for a separate Teams Championship event to be conducted and medals awarded. Two athletes per team will score, and if there is a third athlete (and they finish) they will also receive a medal.

Para Classifications contested will be T01, T11 – T13, T20, T35-T38, T44-T46. Please note the minimum entry standards below before entering.

Each Member Association may 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 below.

Entries close on the 4th August and the entry fee is \$52 (incl GST). All Under 11 – Open entries must be submitted by the Member Associations, Masters entries by Australian Masters Athletics and University entries by UniSport Australia.

Athletes must be registered members of a Member Association of Athletics Australia, be eligible under World Athletics rules to represent a member country of World Athletics, a member of a Masters Athletics State Association OR a bona fide School Student – attending a school or registered for home schooling within the jurisdiction of the Member Association. As from 2024 now that the Championships are combined an athlete who is a currently registered member of a Member Association but who attends school in another state/territory shall compete for their Member Association but may be a member of their school mixed relay team.

Athletes competing for their University do not have to be registered members of a Member Association but must meet all eligibility requirements set by UniSport Australia.

Except for athletes competing for their University, all other athletes should have competed at least once in a competition sanctioned and conducted by a Member Association **since 1 January 2023**. (As selectors, Member Associations may apply discretion to this regulation – based on injury, illness, or geographical isolation etc.).

7. Warm-up & Training

Athletes are reminded that no warmup is permitted on the course or in any other area that has been signed and/or marked as 'no warmup.' Athletes must comply with all instructions and directions given by Officials.

8. Accreditation

There will be no Accreditation procedures or cards for this competition.

9. Gate Entry

There is no gate charge or venue entry procedure for this competition.

10. Call Room Procedures

There will be a Call Room in operation. All athletes are required to report to the Call Room before their event.

final entry time to the Call Room is **20 minutes** before the scheduled starting time of the event in the final Timetable.

Athletes must report to the Call Room on time with their athlete bibs attached as per Rule 4 above.

In the Call Room, athletes will be expected to demonstrate that their competition uniform and bibs, shoes and other equipment comply with the competition rules. Uniform checks, including for non-conforming advertising will be made.

Athletes will leave the Call Room ready to run. Competition management may allow athletes to take warm clothing to the start line (if conditions warrant). This will be advised the day prior. If conditions warrant a change on the day, then the Call Room will advise the athletes. Athletes wishing to wear tracksuits or other garments after they leave the Call Room should plan with team managers to collect them from them at the start line. No goods will be collected or stored in the Call Room.

Athletes will proceed from the Call Room to the assembly area adjacent to the start line 5 minutes prior to the advertised start time of their event accompanied by a Call Room Judge or Starter's Assistant. Athletes who proceed to the event not accompanied by an official may not be allowed to start.

This time allows for marshalling and movement to the competition site. The remainder of the time may be used to complete warm-up in the Start Area. Warm-ups are only to be conducted under the supervision of officials.

There will be 3 and 1-minute warning announcements (via a whistle from the starter) for athletes in the assembly area. If a Team Manager is unable to contact an athlete prior to competition, he or she should deliver the athlete's bibs to the Call Room so that the athlete may collect upon check in.

Para/Multiclass athletes who have hearing aids can have them collected by their team managers at the start line after the starter's briefing.

11. Shoe Declarations

No physical declaration is required. Shoes will be spot checked in the Call Room and the Referee may check shoes at the end of the race if required. This applies to the Under 20 and Open age groups in both the individual and mixed relay championship. Athletes and Team Managers should be aware of the Shoe rules and regulations.

12. Water

Water will be available for athletes in the finish area and there will be one refreshment station for competitors on the course.

13. First Aid

First Aid will be set up for anyone requiring treatment at the finish line area. Each team manager should have in their

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possession a copy of emergency contact information for all athletes in their team and should be carrying their own first aid kit.

14. Team Area's. Physiotherapy and Massage

All Member Associations will be provided with a Team Area (pit garage). There will be garages for Masters Associations and Universities. Athletics Australia asks that teams and individuals refrain from setting up physiotherapy and massage tables in key access areas and areas that are used for emergency exits. Teams are responsible for their own physio etc. This includes tables and chairs.

15. Asthma Medication

Team Managers are advised that those athletes in all age groups who have been medically prescribed asthma medication will be permitted to take their medication with them to the Call Room and subsequently onto the course. They must, however, advise the Call Room Manager/ Officials with their bib number prior to leaving the Call Room for their event.

16. Amenities

Toilet facilities for athletes, officials and spectators will be available at the venue.

Food trucks and coffee vans will be onsite.

17. Technical Meeting

No Technical Meeting. The Technical Delegate and Athletics Australia Competition Manager will be available for questions during bib collection on Friday afternoon.

18. Shoes and Spikes

Athletes may compete either barefoot, spikes or shoes. Spikes can be needles, Christmas Trees (or new variations of this type), or Pyramid shape. 9mm is recommended for this course. If the weather is extremely wet prior to the Championships, then 12-15mm spikes are recommended. Athletes competing in the Under 20 and Open events must adhere to Regulation 10 above.

19. Timetable Changes

The timetable and any changes in the timetable or these regulations are available on the Athletics Australia website.

20. Post Event Procedures

At the conclusion of each event athletes must pass immediately through Post Event Control located near the finish line. Sport Integrity Australia may conduct Anti-Doping testing. If athletes have other duties (such as interviews or presentations) they should sign the acknowledgement and ask the chaperone to wait.

21. Medal Presentations

Medal presentations (both individual and team) will be made as soon as possible after each event. All placegetters (both individual and team) are asked to assist with this procedure by going with an official at the completion of the event. Each athlete must wear either their competition singlet or tracksuit top for the presentation. Team Managers are requested to assist in ensuring athletes are readily available and are correctly dressed.

All medals (gold, silver, bronze) will only be awarded if three (3) or more athletes/teams participate in the event.

Where two athletes/teams participate then only the gold medal will be awarded.

There will be no medal awarded where only one athlete participates.

Where an individual athlete representing another country in the competition is placed first, second or third they will receive a commemorative medal according to the actual place in which they finish. No medals will be presented to teams representing other countries.

Team medals will be presented in accordance with the rules described in the team scoring documents. The stipulation as to how many teams and therefore how many medals will be presented will be followed. See Regulations 6.

All para-athlete results will be calculated under the AA Baseline Performances. See regulation 24 below.

The Open Men and Open Women 10km – will include an AA under 23 medals for those eligible athletes.

The Open Men and Open Women 10km – will include the UniSport National Championship medal for those eligible athletes.

The Under 20 Men 8km and Under 20 Women 6km – will include the UniSport National Championship medal for those eligible athletes,

For all events (able bodied and para) there must be at least three athletes confirmed for an age group for a separate championship event to be conducted and medals awarded.

For the Masters Men and Women Championships – Australian Masters will award medals for registered masters athletes.

There is no distinction between the eligibility of athletes whether entered as a Member Association members or eligible school student. To be clear there is only one set of individual and team medals per event.

22. Protests & Appeals

Protests must be lodged initially with the Out of Stadia Referee as per World Athletics Rules (WA TR8).

Appeals to the Jury which can be made in the event, a Protest to the Referee is dismissed, are to be made in writing on the appropriate form and lodged with the \$50 payable in Cash only. Appeals may be lodged by either the athlete or athlete's representative (usually the Team Manager) and are to be lodged with the Athletics Australia Competition Manager at the finish line.

23. 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.

24. Para Athletics - Baseline Performances

Baseline provides a simplified way for athletes, administrators, and coaches to compare performances in multi-class events across all athletes with an eligible classification. Baseline uses a base time/distance/height in each class for each contestable event and measures this as a percentage against the individual athletes' performance to generate a percentage score.

Athletics Australia (AA) may change or amend the Baseline guidelines and associated resources (including base performance) at any time.

For further information on Baseline performance and the Baseline performance template please head to the Athletics Australia website.

25. Deaf Athletes

No special provisions shall be applied for deaf athletes in cross country events. Refer to rule 10.

26. Para Athletics - Guides

This regulation applies to all athletes entered by an Athletics Australia Member Association. All athletes in the T11 classification run with a guide and are to wear eye patches in accordance with WPA Rule 6.14. T12 athletes have the option to use a guide. Guide runners are to be tethered to their athletes in accordance with WPA Rule 6.15. Guide runners are to wear a high visibility vest. Vests will be available from the Call Room and should be returned at the finish line to the Post Event Control Officials. Athletes need to supply their own tether.

For Athletes entered by School Sport Australia team then refer to Appendix 3 below.

27. Start Lane Draw

There will be no lane draw.

28. National Cut-off times – all athletes entered should be capable of meeting these minimum entry standards.

2km -	Para 10 – 12yrs Boys and Girls	20 minutes
2km	U11 Boys and U11 Girls	10 minutes
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	36 minutes
6km	U18 Men	25 minutes
6km	U20 Women	25 minutes
8km	U20 Men	32 minutes
10km	Open Men	40 minutes
10km	Open Women	42 minutes

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

29. Mixed Relay Cross Country Championship

- The relay will consist of teams of 2 men and 2 women each running one loop of the course. The order is Male, Female, Male, Female.
- Masters will have their mixed relay on Saturday, while all other age groups (including UniSport) will have their relay on Sunday.
- Entries will be accepted from Clubs, Training Groups, Schools (Single sex schools need to combine) and Universities.
- Athletes can only run in one relay team; however, they can run in a different age group to make up a team. The minimum age for the **Open** race is 16yrs of age in year of competition with a maximum age of Under 50 in the year of competition. Masters age is as at the first day of competition.
- Entry Fees will be \$52 per team.
- University teams – to be eligible for a Unisport medal, must be made up of eligible university athletes (as defined by UniSport Australia).
- The 2km lap will be used. The takeover zone will be 20m long of which the scratch line is the centre. No baton will be used. Entrance and exit of the takeover zone will be marked according to World Athletics rules.
- All the athletes of a team will enter the Call Room at the same time.
- The Final running order must be declared 1hr prior to the Call Room time.

- A final team time will be provided. Team Management are to record individual lap times which are to be submitted once the team has finished.
- Entries will close via the Athletics Australia Online Entry System at 9.00am Sunday 4th August. No late entries will be accepted.
- Medal Presentations for the mixed relay will be made immediately following each race.
- The following age groups will be offered.
 - Under 12
 - Under 14
 - Under 16
 - Under 18
 - Under 20
 - Open
 - Masters 40+
 - Masters 50+
 - Masters 60+