

## **Rules and Information – Cross Country**

### **Weekly Entry Fees: -**

- Adults and children \$3.00 each
- Entries close at midnight Thursday night prior to the event.
- Bulk entry - \$50.00 (whole season) – Discount of \$10
- Bulk entry athletes do not need to register each week.

### **Start times: -**

- Unless otherwise advertised, start times will be no earlier than 1:00 pm. (See cross country calendar and individual events for details)
- Where possible (with enough volunteers) two races / divisions will be run concurrently, Division 1 taking priority.
- On School Series Days Division 3 will be run first except where there is an advertised early start for Division 1. (see calendar)
- We aim to start our first event on time (i.e. 1pm sharp) and do not wait for people who are running late.

### **Late?: -**

- Entrance to races that have already started will be at the discretion of the weekly event director.
- If you are accepted, you will start at an appropriate time that is deemed not to cause interruption to other starting runners and not prior to your nominated starting time.
- If your nominated starting time is not found, you will be started with the back marker of the race. (Final runner).
- New runners without handicap times set by the handicapping team will be sent off with the back marker.

### **Race Formats: -**

- We conduct races in different formats
- Scratch or bulk start: Everyone starts at once; the winner is the first over the line
- Handicap: The runner will be allocated a time to start by the handicapping panel and starts at this time. The first across the line is the winner
- Sealed Handicap: All runners are allocated a time, but the race is run as a scratch race. The winner is calculated using their actual race time and their allocated handicap time.
- School Series races will be Scratch races (bulk start)

- Where School Series races are combined with club races, we will generally score the club portion of the race as sealed handicap, please see weekly event for specifics.

**Race Divisions: -**

- 3 distances will be offered each week (except for Mt Barrow where only a second Division 1 distance will be offered)
  - Division 1 is the longest distance – 5km or greater
  - Division 2 a middle distance – between 3km and 4.9km
  - Division 3 a shorter distance - 1.5 to 2km
- There are no age restrictions for Division 2 and 3. For these events you can run in whatever distance you wish regardless of your age.
- The Minimum age for most Division 1 events is 12 years of age unless accompanied by responsible adult. Due to safety issues, the Bridport 11km, Greens Beach 12km and Mt Barrow races require entrants to be 15 turning 16 in the calendar year. For Bridport as we don't offer a shorter distance in Division 1 – 10 consistency points will be applied to those affected (who usually run that division).
- We advise that young children should run at least one Division 3 race before attempting to run in other divisions.

**Weekly Results: -**

- We acknowledge first over the line and fastest male and female
- Where we have enough volunteers, the first over the line will run through a finish line sash.
- Medals will be presented to first over the line.
- The acknowledgement and medals will be awarded at our end of season dinner.

**Road Races: -**

- Should any of our runs be held on public roads, the rules are that you run on the right-hand side of the road on the nature strip or footpath where available (facing oncoming traffic). Keep close to the verge and no more than two persons may run alongside each other, unless passing.

**Shared or Multi / Common Use areas: -**

- Please be mindful of other users. See website for full details of our running etiquette.

**General Rules: -**

- Parents please supervise your children – the club accepts no responsibility for children left unattended



- Courses must be followed, any runner deliberately not completing the course as set will be disqualified. Any runner not completing the set course will be recorded as DNF.

**Communication: -**

- Facebook is our preferred communication channel.
- Facebook, Website and Email may be utilized weekly for reminders of the next weeks' competition
- The web site will be updated on a timely basis to include all required information including results
- Where time allows, a summary of results will be sent to the Examiner newspaper for weekly publication.