



Bayside Cross Country promotes friendly cross-country competition among members of local Little Athletics Clubs, including Brighton, Caulfield, Mentone, Moorabbin, Oakleigh, Sandringham, South Melbourne and Springvale.

Running over undulating to hilly ground; surfaces of grass, footpaths, mud and foreshore tracks; around trees or any other interesting obstacles while always being aware of the safety of the athlete.

All Little Athletics members from U6 - U16, as well as open competitors are welcome to participate in a series of events that take place on Saturday mornings from April to August. Distances are 500m (U6), 1km (U7-U8), 1.5km (U9-U10), 2km (U11-U12) and 3km (U13-U16 and Open competitors).

What to wear

Weekly competition: Centre t-shirt, Subway chest plate and you will be given a bar code wrist band which will track your race times.

Suitable footwear is important. A suitable sole is necessary to assist with the gripping under different running surfaces (no spikes permitted). It is recommended to bring a dry pair of socks, shoes & towel for after the races.

Program

We run the races in order below – the exact number of races and therefore start times will depend on turnout on the day.

Approximate start times of races 500m (u6), 1km (u7/u8) – 9am 2km (u11/u12) – 9.15am 1.5km (u9/u10) – 9.30am 3km (u13+) – 9.45am Events may be combined for age groups and genders. Each week you can walk the course at 8.40am and the first race starts at 9.00am.

Bayside XC – Seeded (Handicap) Event

Once in the season a seeded event is held. Season members will receive a seed time based on an average of their performances from the first (usually 6) events of the Bayside XC season. Casual athletes will run at the back of each race.

The winner of each age group will receive an award at the end of the season for the seeded event.



Bayside XC Championships

All athletes who have competed at prior Bayside Cross Country events and paid their season fee will be eligible to compete in the Championships. The Championships are not open to casual athletes. The committee's decision will be final on athletes with special circumstances. Medals are presented on the day to the top three athletes in each age category.

Parental help

Parents are needed to help with safety on the course and the organisation of the races each week. A club duty roster will be organised for the season. At least 6 officials are required as marshals each week, so please make yourself available to help when your club is rostered.

Cost

The season fee is \$40 (\$25 for u6) for registered Little Athletes and "Open Age" competitors. This covers entry into all Bayside XC events.

For those U6-U16 athletes not currently registered with a Little Athletics centre an additional Little Athletics Victoria fee of \$55 will apply (proof of age is required for new registrations). This provides insurance cover. "Open Age" (16 and over) members cannot be registered with LAVic so they must enter at their own risk (i.e. no insurance cover).

Casual athletes

LAVic registered athletes that have not entered the Bayside XC season can run for a fee of \$5 per event. Please note that this fee is not refunded if subsequently registering for the season. Casual athletes' time is recorded and a result slip is provided, but their results are not reported online. Casual athletes can participate in the Bayside Seeded (Handicap) event, but they will not receive a seed time, i.e. they start with the back marker. A separate race may be held (based on demand) for casual runners at the Bayside Championships event. Casual athletes are not eligible for awards at the end of the season.

Presentation Evening

At the end of the season we have a social get together to present all the awards for the season. To be eligible for any end of season awards athletes must have participated in at least 6 (4 in the case of u6s) of the available events.



Primary Contacts

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