

ALBANY ATHLETICS CLUB (INC)

in conjunction with
Albany Little Athletics



2022 CROSS COUNTRY PROGRAM

WEEK	DATE	EVENT	NOTES
1	May 8	Centennial Park	Junior 1 N
2	May 15	Bathgate Farm	Junior 2 N
3	May 22	Denmark Rail Trail (2km, 5km & 10km)	S
4	May 29		N
	Jun 5	Elleker Running Festival: 21.1km, 10km, 2km, 1km (Enter online) WA Long Weekend	S
5	Jun 12		N
6	Jun 19		N
7	Jun 26	Mt Melville	Junior 3 N
8	Jul 3	Mt Clarence - King & Queen of the Mountain	S
9	Jul 10	Lake Seppings <i>School Holidays</i>	Junior 4 N
10	Jul 17	Bathgate Farm <i>School Holidays</i>	Junior 5 N
11	Jul 24	Terry Road	N
12	Jul 31	Terry Road	N
13	Aug 7	Mt Melville	Junior 6 N
14	Aug 14	Mt Adelaide	N
15	Aug 21	Mt Adelaide – Club Championship	S
16	Aug 28	Centennial Park – Relay & Presentations	N/S
<p>N = Normal Round: 2k, 4k, 6k (approx.) S = Special Event J = South Coast Sports Medicine Junior Series: 1k, 1.5k, 2k, 3k, 4k, 6k</p> <p>Normal Round Start Times: 9:00am = 2k (approx.); 9:30am = 4k, 6k (approx.)</p> <p>South Coast Sports Medicine Junior Cross-Country Series Start Times: 9:00am = U7 & U8 1km; 9:15am = U11 & U12 2km; 9:45am = U9 & U10 1.5km; 10:00am = U13 & U14 3km; 10:30am = U15 & U16 4km, U17 & U18 girls 4km, U17 & U18 boys 6km, Open Age 2km/4km/6km ** Program is subject to change**</p>			
<p>Centennial Park: Far western end of Centennial Park precinct (last soccer pitch next to carpark behind Pioneer GP) Bathgate Farm: Trebor Rd, Lower Denmark Rd, just east of Cuthbert. Bocian Farm: 'Borda-Be-Myn' 820 Dempster Rd, Kalgan (TBC) Denmark: Old Rail Trail Bridge, near Rivermouth Caravan Park Granite Heights Farm: Approx.4km along Gull Rock Rd. Lake Seppings: TBA Mt Adelaide: At Car Park, cnr Apex Dr & Forts Rd. Mt Melville: Serpentine Rd / Lion Street junction Terry Road: Off Chesterpass Rd, 1st right after Mercer Rd.</p>			



CONDUCT OF EVENTS

Course Distances

A nominal 2km, 4km and 6km course is provided at all normal (N) cross-country events. As tracks and terrain can dictate the exact length of the course, the true distance may vary from these standard distances.

Athletes can only compete officially in one event per day.

Venues

Many of the course venues are either private property, National Parks or Reserves. All runners are asked to respect the environment and private property.

Dogs

Dogs are not permitted on the course at any event. This includes the assembly area of all events on Private land.

Junior Athletes U7-U18:

A participant's age is determined as of the 1 January 2022.

Parent or Guardian permission is required at entry for junior athletes to participate.

South Coast Sports Medicine Junior Series

Race Distances:

U7, U8: 1km
U9, U10: 1.5km
U11, U12: 2km
U13, U14: 3km
U15, U16: 4km
U17, U18: Female 4km / Male 6km

Juniors running the normal (N) events outside of Junior Series MUST be competent runners, follow road rules, flags and signage and be aware there are **no marshals out on course**.

AWARDS

Annual Memberships or Cross-Country Season Memberships enable runners to be eligible for club awards and series points.

To be eligible for Awards, adult members must have volunteered at an event this season.

South Coast Sports Medicine Junior Series

Competition:

The winners will be decided from their performances in their best 4 series events.

King & Queen of the Mountain:

1st Male & 1st Female will be awarded King & Queen of the Mountain status. To be eligible you must be an Annual Member or Cross-Country Season Member and have participated in a minimum of 3 events.

Club Championship Run:

1st Male & 1st Female in the 2km, 4km & 6km will be awarded Club Champion status. To be eligible you must be an Annual Member or Cross-Country Season Member and have participated in a minimum of 5 events.

Most Attendances in the Cross-Country Season:

1st Male & 1st Female who have participated in the most 2022 Cross-Country events will be awarded Most Attendances status. To be eligible you must be an Annual Member or Cross-Country Season Member.

REGISTRATION FEES (U7 and up)

Available online at www.albanyathletics.com.au (Membership tab)

Albany Little Athletics Membership (U7 to U17)

- Current 2021-2022 Albany Little Athletics-Registered Members can receive FREE membership to Albany Athletics Club for the 2022 Cross-Country Season but must complete an online registration for Cross-Country prior to competing.

Other Membership Options: (U7 and up)

- Cross-Country Season Membership (per person) = \$45.00
- Cross-Country Season Family Membership (2 adults, plus 2-3 children) = \$130.00
- Annual Membership (per person) = \$65.00
- One-Day Visitor Membership (per event) = \$5.00 paid on the day (First event \$10.00 for season insurance)

Membership of Albany Athletics Club or Albany Little Athletics entitles you to compete in AWA State cross-country competitions.

BASIC RUNNING ETIQUETTE

- Obey all road traffic laws and the directions given by the race officials.
- Runners do not have right of way so run with caution and common sense.
- Don't push, shove or cut-off other runners.
- Look after your fellow runners, especially junior athletes.
- Very young children must be under parental supervision at all times.
- In Junior Series races, junior athletes may not be paced or assisted.
- Volunteers are required each week - please put your name down to assist.

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Albany Little Athletics



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