

# 2018 ACT Cross Country Championships

## Stromlo Forest Park - Saturday 30th June, 2018

### Event Schedule

<b>9:20am</b>	Under 6 Boys	500m	From 500m mark to the finish line on the 1k lap
<b>9:22am</b>	Under 6 Girls	500m	From 500m mark to the finish line on the 1k lap
<b>9:25am</b>	Under 7 Boys and Girls	1km	1 x 1 km
<b>9:30am</b>	Under 8 Boys and Girls	1km	1 x 1 km
<b>9:35am</b>	Under 12 Boys and Girls	2km	1 x 2 km
<b>9:45am</b>	Open Men and Women	10km	4 x 2.5 km
<b>10:15am</b>	Under 10 Boys and Girls	1500m	1 x 1500m
<b>10:20am</b>	Under 9 Boys and Girls	1500m	1 x 1500m
<b>10:25am</b>	Under 11 Boys and Girls	2km	1 x 2 km
<b>10:35am</b>	Under 20 Men Masters Men and Women (less than 70)	8km	1 x 1 km + 1 x 2 km + 2 x 2.5 km
<b>10:50am</b>	Under 14 Men and Women IPC (all ages)	3km	1 x 1 km + 1 x 2 km
<b>11:05am</b>	Under 16 Men and Women Under 18 Women	4km	1 x 1.5 km + 1 x 2.5 km
<b>11:15am</b>	Under 18 Men Under 20 Women Masters 70+ Men & Women	6km	1 x 1 km + 2 x 2.5 km

All Athletes must check in to confirm their attendance NO LATER THAN 30 MINUTES before the advertised start time in the office under the Grandstand.

Please note that athletes wishing to be selected for the AACT team for the National Championships at the Sunshine Coast on August 25 must be registered with an AACT Club, and financial, at the time of the National Championships.

*Hosted by ACT Masters Athletics, Athletics ACT and Little Athletics ACT*



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### Overall Awards

Medals will be awarded to the first three (3) placed, registered females and the first three (3) placed, registered males in each event. Registered athletes are those who are registered with:

- a. Little Athletics ACT through a Centre affiliated with Little Athletics ACT;
- b. Athletics ACT through a Club affiliated with Athletics ACT;
- c. ACT Masters Athletics Club; or
- d. Another State/Territory Association who is affiliated with one of the three national bodies (Little Athletics Australia, Athletics Australia or Australian Masters Athletics)

Non-registered athletes are not eligible for medals.

### Athletics ACT Specific Awards *(Under 14/16/18/20/Open with age group determined as at 31 December 2018)*

- First three individual Athletics ACT registered athletes (where not in the first 3 overall of their event)
- Club Teams - 4 of the same gender in the Open age group, 3 in all other age categories *(Note: all athletes must be currently registered with another State Association affiliated with Athletics Australia)*
- AACT Club Teams (If not in the above category, 4 of the same gender in the Open category, 3 in all other age categories- all athletes must be currently registered with Athletics ACT through an affiliated Club)  
*Note: All athletes must turn 12 by 31st December 2018*

### ACT Masters *(Age group determined by the age on the day of the Championships)*

- First three individual registered Masters athletes in each 5-year age group
- First three individual ACT Masters registered athletes in each 5-year age group (if not in the above category)

### ACT Little Athletics *(Under 6/7/8/9/10/11/12 with age group determined as at 30 September 2017)*

- First three individual registered athletes
- Note – Under 11 and Under 12 athletes who turn 12 before 31 December 2018 are eligible to enter the Under 14 3km event.



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Entries (note that there are no on-day or late entries)

### Under 14/16/18/20/Open Age Group Athletes

- Athletes must turn 12 by 31st December 2018
- Free for AACT athletes who have taken out a Gold Membership (including Gold Dual memberships)
- \$10.00 for Registered athletes (non-Gold Membership) including athletes registered with another State/Territory body that is affiliated with Athletics Australia and visiting internationally registered athletes.
- \$21.00 for unregistered athletes (this includes the One Day Entry fee). Unregistered athletes are ineligible for any awards.
- \$21.00 for ACT Masters athletes, who have not taken out a Dual Registration, and who are entering the AACT Open Championships.
- Athletes, who are not registered with Little Athletics, must enter using the AACT On-Line entry portal. Access is via the calendar entry for the AACT Cross Country Championships on the AACT website ([www.athleticsact.org.au](http://www.athleticsact.org.au)). Athletes entering the Under 14/16/18 events who are registered Little Athletics may enter using the Little Athletics ACT On-Line Entry portal (but do not use both systems)
- For athletes entering AACT events, if you have any problems using the on-line entry system, you must email the ACT Office on: [eo.act@athletics.org.au](mailto:eo.act@athletics.org.au) **no later than 2:00pm on the day entries close**
- AACT Closing Date for entries - Wednesday 20th June 9:00pm. No late entries or entry on the day

### Masters Age Group Athletes

- Athletes must turn 30 by 30th June 2018
- \$7.00 for athletes registered with the ACT Masters Athletics Club or athletes who have taken out a Masters Dual Registration with Athletics ACT
- \$10.00 for athletes registered with an Interstate or International Masters athletics body
- \$10.00 for athletes who are not currently registered with a Masters athletics body
- ACT Masters Athletics Closing Date for entries - Wednesday 27th June 9:00pm. No late entries or entry on the day

### Under 6/7/8/9/10/11/12 Age Group Athletes

- Free for athletes registered with Little Athletics ACT through an affiliated Centre
- \$5.00 for an athlete registered with another State/Territory Little Athletics Association
- \$11.00 for athletes not registered with Little Athletics ACT or another State/Territory Little Athletics Association.
- ACTLA Closing Date for entries - Wednesday 20th June 9:00pm – no late entries or entry on the day

