



1. Governing Bodies	4
1.1. Scope of Competition Rules	4
2. Appointed Roles & Contact Details	6
3. Glossary	7
4. Competition Categories	8
4.1. Age Categories	8
4.2. Team Grading - Divisions	8
5. Point Scoring	9
5.1. Eligibility	9
5.2. End of Season Awards	9
5.3. Scoring of Individual Awards	10
5.4. Scoring of Club Premierships Awards	11
5.5. Point Scoring Queries and Disputes	12
6. Athletics Ballarat Obligations	14
6.1. Officials	14
6.2. Permits	14
7. Entries	14
7.1. Individual Events	14
7.2. Relay Events	15
7.3. Fees	16
7.4. Event Promotion	16
7.5. Team Managers	16
7.6. Club Helpers	17
7.7. Fee Payment	17
7.8. Non-Compliance to Club Obligations	17
8. Athlete Information	17
8.1. Event Check in	17
8.2. Courses	17
8.3. Event Distances	18
8.4. Uniform	19
8.5. Protests	19
9. Ballarat Region Representation	21
10. Uniforms	21
11. Entries	21
11.1. Individual Event Rounds	21



11.2. Relay Events Rounds	22
11.3. Fees	22
11.4. Club Helpers	23
12. Athlete Information	23
13. AV Relay Events	23
13.1. Ballarat Region Representation & Eligibility	23
13.2. Teams	23
13.3. Nomination	24
13.4. Team Selection	25
13.5. Team Announcements	26
13.6. Team Travel	26
13.7. Withdrawal from a team	26
14. FAQs	27



INTRODUCTION

1. Governing Bodies

The Ballarat Winter Competition is governed by Athletics Ballarat with the body managing and enforcing the rules. The body takes guidance from Athletics Victoria and World Athletics in the development of courses, events and scoring system for the season.

1.1. Scope of Competition Rules

These rules and regulations apply only to events listed below, and do not refer to club run events, or other events run by Athletics Victoria or other peak bodies.

1.1.1. Athletics Ballarat EVENTS (Calendar)

Rules and regulations regarding competitions delivered by AB/BRAC refer to the following events.

Event	Date (2025)	Location
Lake Relays	Saturday 30th August 2:00 Start Time	Durham Point, Lake Wendouree
Lap of the Lake	Saturday 31st May 12:30 - Set Up 2:00 - u12 2km 2:30 - Lap of the Lake 3:30 - Presentations	St Patrick's Point, Lake Wendouree
AB/BRAC Wal Brown	Saturday 5th July 1:00 - Set Up 2:30 - 8km & 4km	Victoria Park, Ballarat
AB/BRAC Charles Suffren	Saturday 2nd August 12:30 - Set Up 2:30 - 6.4km 2:45 - 3.2km	Woody Yaloak Equestrian Centre

1.1.2. AV XCR EVENTS

Event	Date (2025)	Location
AV RD 1 - 8km CC	10th May	Hanging Rock
AV Rd 2 - 12km CC	24th May	Myrniong
AV Rd 3 - Jells Park Relay	7th June	Jells Park
AV Rd 4 - Lakeside 5km	15th June	Lakeside
AV Rd 5 - Sandown Road Relays	28th June	Sandown Raceway
AV Rd 6 - National Selection Trials	12th July	Ballarat
AV Rd 7 - 10km Road Race	27th July	Lakeside
AV Rd 8 - 15km Ballarat	10th August	Lake Wendouree, Ballarat
AV Rd 9 - Burnley	7th September	Burnley, Melbourne
AV Rd 10 - Tan Relays	20th September	Botanical Gardens, South Yarra

Information on AV XCR events can be found [here](#).

2. Appointed Roles & Contact Details

Should you wish to make contact with a Athletics Ballarat representative in regard to any matters within these competition rules please utilise the following contact details.

Event Days			
Chief Referee - Events	Steve McLennan		0439 330 452
	For all matters course and official related on the day of the event.		
Event Administration	Michelle Hawkes	athleticsballaratcompetitions@gmail.com	
	Entries, AB/BRAC wrist tags & Ballarat Region Uniform		
AB/BRAC XRC Season			
XCR Competition Manager	Ashley Anderson	info@athleticsballarat.com.au	03 5332 1214
	For matters relating to Event Permits, AV, Point scoring, Eligibility and event administration outside of competition day.		
Competitions and Events Chairperson	TBC		
	For event feedback and matters for future consideration.		
President	Matt Jenkins	admin@AB/BRACballarat.com.au	0438 531 012
	For any other matter not covered above, or for matters of consideration for the AB/BRAC Board.		

3. Glossary

AB	Athletics Ballarat
AV	Athletics Victoria
BRAC	Ballarat Regional Athletic Centre
BHA	Ballarat Harriers Athletic Club
BYC	Ballarat YCW Athletic Club
EKA	Eureka Athletic Club
WEN	Wendouree Athletic Club
XCR	Cross Country

ATHLETICS
BALLARAT

SECTION B

SEASON AWARDS

4. Competition Categories

4.1. Age Categories

Age Group	Age Determination
Open Competition	Your age on 31 st December 2025
Junior Competitions	
- u14	
- u16	
- u18	
- u20	
40+ Competition	
50+ Competition	
60+ Competition	

4.2. Team Grading - Divisions

In each event the athletes are placed in 'Divisions' according to finishing order, which determines the points allocated towards club premierships.

The first 6 (Male), 4 (Female) athletes per club across the line are classified as division 1, and so on as per the table below.

Event	Male D1	Male D2	Male D3-D6	40+, 50+, 60+	Male Juniors - Each age group
Athletes Per Division	6	4	3	3	3
	Female D1	Female D2	Female D3-D6	40+, 50+, 60+	Female Juniors
	4	3	3	3	3

As the division each athlete is allocated is based upon finishing order of each separate event, the division in which an athlete may be allocated to may vary from event to event.

Except for the Lake Relays, The allocation of division will be automatically calculated by those coordinating results, so there is no requirement from the clubs or athletes to determine which division each athlete is in.

The Athletics Ballarat Board, under recommendation from the Operations & Events Committee will decide the number of athletes in each division prior to the start of season.

5. Point Scoring

5.1. Eligibility

All athletes **MUST** have an Athletics Victoria Base Membership at minimum* to be eligible for awards, points and ladder positions during the season.

Club members may still be eligible to compete in the competition but will not be eligible for points or awards. Any invitational members **MUST** follow entry rules stated above.

*Athletics Victoria Base Membership, XCR Package, AVSL Package and Max Package accepted.

5.2. End of Season Awards

Athletics Ballarat will hold an awards presentation every year following the end of the season, where the following awards will be presented:

Award	Criteria
Cross Country Champions	Awarded to the Male and Females athlete who accrue the most aggregate points (as calculated in section 5.3) with the Open Age Category.
Cross Country Age Champions	Awarded to the Male and Females athletes who accrue the most aggregate points (as calculated in section 5.3) with the following age categories: <ul style="list-style-type: none"> • Juniors - u14,u16,u18,u20 • Masters - 40+, 50+, 60+
Club Premierships	Award to the club who accrue the most aggregate points (as calculated in section 5.4) across the following categories: <ul style="list-style-type: none"> • Juniors - u14,u16,u18,u20 • Open - Division 1,2,3,4

	<ul style="list-style-type: none"> • Masters - 40+, 50+, 60+
--	---

Upon the recommendation of the AVSL/XCR Committee, the Board will approve and publish the criteria for individual awards each year prior to the start of the season.

5.3. Scoring of Individual Awards

All athletes who have an Athletics Victoria Base Membership or higher are eligible for awards based on individual scoring. The champion athlete award for both men and women will be determined from the highest aggregate points based on finishing paces in events comprising the championships .

Scores for Individual Awards will be calculated from an athlete's Top 7 aggregate scores from the seven (7) individual XCR events conducted by Athletics Victoria and Athletics Ballarat (3) throughout the winter season.

For each eligible XCR event during the winter season, points are allocated to athletes who finish in the top 10 in each age category and gender.

Points are allocated as follows:

Finishing Position	Points	Finishing Position	Points
1st	11	6th	5
2nd	9	7th	4
3rd	8	8th	3
4th	7	9th	2
5th	6	10th	1

5.4. Scoring of Club Premierships Awards

5.4.1. Lake Relays

Points will be allocated to Club premierships based upon the finishing order of the relay team within that age category or division.

1st	2nd	3rd	4th	Incomplete Team *	Team Includes Invitational
-----	-----	-----	-----	-------------------	----------------------------

					Runner
5	3	2	1	1	0

*See rules for incomplete teams in rule

5.4.2. Individual Events

For all individual events (Eg Not Lake Relays), athletes are scored based on their finishing positions in the overall & age group rankings.

Within the open age category, the athletes are classified within divisions (see rule 4.2) and points are allocated towards each individual as per their finishing position within that division. 1st Place = 1 point, 2nd = 2pts etc.

Clubs will be placed according to the points earned, with the team with the lowest points winning that division for that event, with club Premiership points awarded per event as follows:

1st	2nd	3rd	4th	Incomplete Team
5	3	2	1	0

If you are classified within an age category (Junior or Masters) you will score club points for both your age category, and the open category. Points scored in the Open Category will be based upon your overall finishing position.

EXAMPLE - DIVISION 3 Male

Step 1 - Establishing Finishing Order

Finishing Position	Club	Finishing Position	Club	Finishing Position	Club
1st	EKA	5th	BHA	9th	EKA
2nd	WEN	6th	BHA	10th	EKA
3rd	YCW	7th	YCW	11th	YCW
4th	WEN	8th	BHA	12th	-

Step 2 - Calculating the Premiership Points

Club	# of Runners in Division	Finishing Position	Total	Points towards Premiership
BHA	3	5,6,8	19	5
EKA	3	1,9,10	20	3
YCW	3	3,7,11	21	2
WEN	2	2,4	6	1 (Incomplete Team)

The club scoring the highest number of points over the 4 events in the Cross Country season shall be judged the Cross Country Champions.

5.5. Point Scoring Queries and Disputes

Ballararat Events

Any query or disputes on placings or point scoring relating to direct actions occurring at the event, must be addressed on the day of the event through the chief referee. See rule 7.5 - Protests.

Any query or dispute resulting from actions after the event - EG Once results are published, must be directed to the Competition Manager - Ashley Anderson via email, and be sent from an endorsed club email address. No Individual disputes will be considered.

AV Events

Any query or disputes on placings or point scoring relating to direct actions occurring at the event, must be addressed on the day in accordance with any relevant Athletics Victoria competition regulations.

Any query or dispute resulting from actions after the event - EG Once results are published, must be directed to the Competition Manager - Ashley Anderson via email, and be sent from an endorsed club email address. No Individual disputes will be considered.

Please note: Athletics Ballarat will only calculate results upon the published Athletics Victoria results. Should there be any errors with these results, the club must provide clear



Athletics Ballarat

11 York St,
Golden Point, VIC 3350

03 5332 1214

admin@athleticsballarat.com.au

and indisputable evidence to support overturning such errors. AV results will only be modified at the approval of the Board.

Any unresolved or unsatisfactory disputes shall be referred to the board within 7 days of the completed competition, and shall be dealt with according to existing AB/BRAC dispute policies.



SECTION C

ATHLETICS BALLARAT COMPETITIONS

Section C refers exclusively to the following events.

Event	Date	Location
Ballarat Lap of the Lake	31st May, 2025	Lake Wendouree, Ballarat
Ballarat Wal Brown	5th July, 2025	Victoria Park
Ballarat Charles Suffren	2nd August, 2025	Woody Yaloak Equestrian Centre
Ballarat Lake Relays	30th August, 2025	Durham Point, Lake Wendouree

6. Athletics Ballarat Obligations

6.1. Officials

Officials will be appointed by Athletics Ballarat from a list of Athletics Victoria accredited officials and those with local knowledge.

6.2. Permits

All courses will be approved by local council or ownership group prior to commencement, and Athletics Ballarat will be responsible for obtaining any relevant permits.

7. Entries

7.1. Individual Events

Club Members

Club members must enter all events via their club, and check in with their club prior to the race.

All competitors must have their AB/BRAC Club tags including Life Number* on them, and ensure they are visible to officials during the competition.

Only Athletics Victoria Competitive Members (Eg - Base Membership, XCR Package, AVSL Package and Max Package) will be eligible to score points towards individual and club premiership awards for non-relay events. For relay events, all members in division 1 & 2 must be Base members, all others must be Athletics Victoria members of any level to score Team point. These members will still be ineligible for individual points.

Individual members of clubs (Eg - AV Non-Competition Members) are eligible to compete but will not be eligible to score points for awards. It is at the discretion of each club whether they choose to award points for non-competing members within their own club awards.

*Each athlete who competes in a AB/BRAC event will be allocated a AB/BRAC Life Number for any future events they may attend

Invitational Entries

Athletes who are not registered with a club will be eligible to compete by invitation.

Athletes competing by invitation will not be eligible for medals*, awards or to score points.

An invitational athlete must enter on the day via the administrator at least 30 minutes prior to the event, and complete the trialing athlete form below prior to competing.

*Expect for BRAC Lap of the Lake

[Trialing Athlete Form](#)

7.2. Relay Events

Clubs **MUST** submit their relays teams to the event administration at least 30 minutes prior to the start of the allotted race time.

The maximum number of teams allowed per club is outlined below.

Division	# of Teams per Club
Open Division 1 & 2	1
Open Division 3	1
Open Division 4	Unlimited
All Junior Divisions	Unlimited
40+ Division	Unlimited

7.2.1. Relay Teams

Incomplete Teams

Incomplete teams will be eligible to score points for the club if at least one athlete provides a valid finishing time.

Please note, a team that has an invitational athlete in their team will not be eligible for points and the whole team result will be invitational.

Team Sizes

Event	Male D1	Male D2	Male D3-D6	40+, 50+, 60+	Male Juniors
AB/AB/BR AC Lake Relays	6	4	3	3	3
	Female D1	Female D2	Female D3-D6	40+, 50+, 60+	Female Juniors
	4	3	3	3	3

7.3. Fees

7.3.1. Individual Entry Fees

For 2025 winter season, clubs will pay a set fee which includes their entries for Athletics Ballarat events and their share of XCR relay events. Details can be found in 7.7

All members of a club will be included*

*Only Base Members or above can enter Athletics Victoria XCR relay events

Club Obligations

7.4. Event Promotion

Each club is encouraged to actively promote each event across their preferred communication channels in a timely manner.

7.5. Team Managers

Each club must nominate a team manager for each event, no later than 24 hours prior to the event. This person will be the primary contact for all on the day correspondence and communication.

7.6. Club Helpers

Clubs will be required to supply club helpers in line with the events as outlined by Athletics Ballarat. Club helpers must complete their duty and sign in at the administration marquee at events.

Club helper requirements will be determined by the Board under advisement of the AVSL/XCR committee prior to each season/events.

Specific details on helper requirements will be sent to the club the week prior to the event.

7.7. Fee Payment

Clubs will be invoiced directly by Athletics Ballarat in installments throughout the season. The total fee per club for the season is \$750

Each club must collect the entry fees of their competing athletes and make the payment of event fees within 30 days of event completion.

7.8. Non-Compliance to Club Obligations

Failure to meet any of the club obligations noted above will result in cancellation of any club points earned for that event.

Determination of whether club obligations were met sufficiently will be at the discretion of the chief referee.

Any disputes regarding the compliance of the obligations must be directed to the Athletics Ballarat Board, within 7 days of the event completion.

8. Athlete Information

8.1. Event Check in

Athletes are required to check in via their club no later than 30 minutes prior to the start of their event.

8.2. Courses

All event courses will be determined by the XCR committee and approved by the AB Board.

Delegates of the XCR committee will mark out and inspect the course prior to each race, and any modifications or adjustments to the course are at the discretion of the Chief Referee.

Whilst all reasonable efforts will be made to ensure the courses are marked and measured to high standards, as these events are not World Athletics sanctioned events, no guarantees are made to the exact accuracy of the intended distances.

All courses will be marked with the intention of providing clarity on the course direction and where marking is not possible, course marshals will be put in place. However, it is the athletes responsibility to know the course in the case that some of the markings are no longer visible or insufficient.

Where the course marshall requests an athlete to correct an error made in following the course, the athlete must immediately comply or may face disqualification.

- [Link to AB/BRAC Relays Course](#)
- [Link to Lap of the Lake Course](#)
- [Link to Wal Brown Course](#)
- [Link to Charles Suffren Course \(TBC\)](#)

8.3. Event Distances

Male	Lake Relay	Lap of the Lake	Chas Suffren	Wal Brown
OPEN	3km	6km	6.4km	8km
40+, 50+, 60+	3km	6km	6.4km	8km
U20	3km	6km	6.4km	8km
U18	3km	6km	6.4km	8km
U16	3km	6km	3.2km	4km
U14	3km	6km	3.2km	4km

Female	Lake Relay	Lap of the Lake	Chas Suffren	Wal Brown
OPEN	3km	6km	6.4km	8km

40+, 50+, 60+	3km	6km	6.4km	8km
U20	3km	6km	6.4km	8km
U18	3km	6km	3.2km	4km
U16	3km	6km	3.2km	4km
U14	3km	6km	3.2km	4km

ALL	Lake Relays	Lap of the Lake	Chas Suffren	Wal Brown
U12	N/A	2km	1.6km	2km

8.4. Uniform

Athletes **MUST** wear their Athletics Victoria or approved uniform at competitions with current tags provided by AB/BRAC and/or AV.

Athletes who do not have tags must report to the administration marquee pre-event to obtain a temporary one.

New members of a club may be given a grace period for their first event if they don't have a uniform available. The athlete must then wear a plain black or white shirt and must still wear a tag. The club must notify administration prior to the race.

8.5. Protests

Any protest may be made verbally or in writing within 15 minutes of the athlete finishing their event.

All protests must be made to the chief referee.

Protests may only be made directly by the athlete or the club team manager nominated for that event.

The referee should consider all available evidence that the referee thinks is necessary.

SECTION D

ATHLETICS VICTORIA COMPETITIONS

Section D refers exclusively to the following events.

Event	Date (2024)	Location
AV RD 1 - 8km CC	10th May	Hanging Rock
AV Rd 2 - 12km CC	24th May	Myrniong
AV Rd 3 - Jells Park Relay	7th June	Jells Park
AV Rd 4 - Lakeside 5km	15th June	Lakeside
AV Rd 5 - Sandown Road Relays	28th June	Sandown Raceway
AV Rd 6 - National Selection Trials	12th July	Ballarat
AV Rd 7 - 10km Road Race	27th July	Lakeside
AV Rd 8 - 15km Ballarat	10th August	Lake Wendouree, Ballarat
AV Rd 9 - Burnley	7th September	Burnley, Melbourne.
AV Rd 10 - Tan Relays	20th September	Botanical Gardens, South Yarra

A link to the full set of AV XCR Rules can be found [here](#)

9. Ballarat Region Representation

During the Athletics Victoria XCR season, the Ballarat Region compete as a full region with members from each individual club combining to compete under the Ballarat Region umbrella. While competing in an XCR team, you are representing the Ballarat Region.

Members can still earn points in individual premiership awards at XCR while representing the region.

10. Uniforms

All Ballarat Region members are required to wear an Athletics Ballarat singlet while competing in an Athletics Victoria XCR competition. During a 12 month grace period provided by Athletics Victoria, members can wear an existing BRAC singlet for XCR events but must purchase a new singlet for future years. [More information on uniforms can be found on the website here \(TBC\).](#)

To purchase uniforms, you can head to the Athletics Ballarat website

11. Entries

11.1. Individual Event Rounds

Club Members

All entries for Athletics Victoria events must be completed via the [Athletics Victoria](#) website. When entering the Athletics Victoria website, click the event entry button along the top banner and log in using your membership details.

Once logged into the portal, you can enter the individual events. By entering as an individual, you are linked to your club which in turn is linked to the Ballarat Region for the event. You will then compete as a member of the Ballarat Region.

All entries must be in by Wednesday 12pm the week leading into an event. Athletics Victoria will only accept entries until this time

Invitational Entries

Individuals who are not direct members of Athletics Victoria or have a non-competition membership can enter as invitational for up to two events on the XCR calendar. To enter as an invitation, you enter the [events page](#) on the Athletics Victoria website and register as an invitational.

Please note - as an invitation you will NOT be eligible for points towards the Ballarat Region.

11.2. Relay Events Rounds

For all relay event XCR rounds, the teams are submitted by the club or the region. If you are interested in competing at a relay round, you must express your interest by emailing ballaratregionalaths@gmail.com

11.3. Fees

11.3.1. Individual Event Entry

Event entry fees to AV XCR events vary according to your level of membership, and are charged per event. See pricing table below.

Your Membership Status	Fees (Per Event)
You have an AV XCR or Max Package	\$0
You have an AV Base Membership	Junior - \$44 Open - \$50
You have an AV Recreation Runner Membership	Junior - \$48 Open - \$57
You do not have an AV Membership (Including Club Only Members)	Junior - \$55 Open - \$65

A full summary of all Athletics Victoria fees can be found on the Athletics Victoria website

11.3.2. Relay Event Entry

For all Ballarat Region relay entries, the centre will pay Athletics Victoria per team that is entered. The clubs will be covered through their Cross Country fees paid to Athletics Ballarat as per 7.7

Clubs may decide to charge their members in their own right.

11.4. Club Helpers

The Ballarat region is only required to provide helpers for the XCR round at Lake Wendouree every year. Athletics Victoria has the right to change the number of club helpers for each round prior to the season. This round is co-hosted by AB/BRAC and is located at Lake Wendouree.

Each Ballarat club will be required to provide a minimum of 10 helpers for this round. Sign up details will be sent to clubs no later than 14 days prior to the event.

12. Athlete Information

All athlete information regarding the AV XCR season can be found [here](#).

13. AV Relay Events

[AV Relay Policy Link](#)

13.1. Ballarat Region Representation & Eligibility

As outlined in rule 10, athletes from the four Ballarat based clubs enter all Athletics Victoria XCR events as representatives of the Ballarat Region, with relays being the same. To be eligible to represent all athletes MUST

- Be registered Athletics Victoria member (min Base Membership) with a Ballarat based club
- Nominate by the close of nominations.
- Qualify for the allocated age group by year of birth
- Be in good standing with Athletics Ballarat and Athletics Victoria.

13.2. Teams

AB/BRAC will be permitted by Athletics Victoria to submit the following number of teams per division, with the numbers required for each team to vary across categories as shown below.

Division	Mens		Female	
	# Of Teams per Club	# of Athletes per Team	# Of Teams per Club	# of Athletes per Team
Open - Premier Division	1	6	1	5
Open - Div 2	Unlimited		Unlimited	4

Open - Div 3		5		
Open - Div 4				3
Open - Div 5				
Open - Div 6		4	N/A	
Open - Div 7				
Age Groups 40+				
Junior Age Groups		3	Unlimited	3

13.3. Nomination

Members wishing to be selected within an AV Relay team, must express interest via the linked nomination Forms in the table below prior to the closing date outlined.

Event	Event Date (2024)	Nomination Closing Date	Link to Nomination Form
AV RD 3 - Jells Park Relays	7th June	tbc	
AV Rd 5 - Sandown Road Relays	28th June	tbc	
AV Rd 10 - Tan Relays	20th September	tbc	

Athletes who nominate will automatically be nominated for their designated age group.

Should an athlete also wish to also be considered for teams in other age groups, or open categories they can notify of this preference through the nomination process.

Nominations received after the closing date will not be accepted unless an athlete has been requested to nominate by AB/BRAC or its delegated representative/s under the following circumstances:

- Insufficient nominations were received and further athletes are required to fill a team allowing more athletes to participate.
- An athlete has withdrawn after nominations have closed and further athletes are required to fill a team allowing more athletes to participate.

- An athlete has withdrawn after entries were submitted requiring a replacement athlete to allow the team to compete.

The acceptance of late nominations is at the discretion of the relay committee.

13.4. Team Selection

All Ballarat Region relay team team selection will be based upon the following guiding principles:

- Maximize the likelihood of success within the highest category of competition across each gender.
- Allow the greatest number of athletes to participate,
- Establish a sense of team and unity that represents the region with pride.

Whilst it is intended to review this process at the completion of the XRC season, for 2025, team selection will be overseen by the XCR committee or via its delegated Cross Country Representatives.

Best Open Teams

To allow AB to select their most competitive Open teams in each gender's Premium Division, Junior or Master athletes will be eligible to represent Athletics Ballarat in Open relay teams should their performances warrant their selection. If selected to represent AB's premier division team, Junior and Master athletes will not be eligible to compete in their own age category relay team.

Where Junior or Master athletes are not selected for the premium division teams, they will only be considered for other open divisions if all teams within their eligible age categories are filled.

Multiple Teams Per Age Group

In the instance where more than the number of nominations received for an age group exceeds the available athletes allowed per team, AB may select multiple teams in that age group and select athletes to form "A", "B", "C" teams etc. The selection of these teams will be at the discretion of XCR committee and will consider the objectives outlined above.

Competitive Selection

In determining which team members are selected to represent each division team, and age group A,B,C teams, the XCR committee will utilize a ranking system using times posted by the athlete of similar distances over the previous 12 month period. Times must have been

achieved in an accredited competition such as AVSL, XCR, Championships or Specialist AV meets.

If the Operations and Events committee are unable to establish times achieved at a certain distance for an athlete, yet are of the belief that the athlete in question deserves a place on the team based upon expected performance, they must request approval of selection from the board outlining their justification.

Age Progression

Where there are vacancies within teams, athletes may be requested to compete in an alternate age group for which they are eligible. If an age progression occurs, athletes will be age-progressed to the nearest age category with a vacancy, so long as it is appropriate to do so.

13.5. Team Announcements

DRAFT Relay teams will be shared no later than 10 days prior to the event to allow for any gaps to be filled prior to entries needing to be submitted on the Monday prior to the event.

Final Teams will be announced on the Wednesday prior to Event and shared on the social media channels.

13.6. Team Travel

Athletes will need to find their own way to the event however car pooling will be encouraged and will appoint designated drivers to each event to ensure all athletes have a way of getting to and from safely.

Designated Drivers for each event will be shared by the AB team manager upon the announcement teams prior to the event.

13.7. Withdrawal from a team

Should an athlete withdraw from a team without sufficient reason (ie injury or personal reasons) it may effect their opportunity to be selected for future teams .

14. FAQs

Can juniors run in open categories where distances differ? How does this effect point scoring?

For certain cross country individual events, open and juniors have different distance events*. A junior athlete, provided they are over the age of 14 can enter into the open age group and distance plus earn points for their club, but won't be eligible for points in junior grades. The athlete may however earn points for their club in an open & junior division if the distance is the same.

*Lap of the Lake is the same distance, athletes can count towards both senior and junior grades (Max one junior grade).

Do points earned at AV or club events count towards Awards?

Yes, the 7 individual rounds of Athletics Victoria XCR events do count towards the AB end of season awards, however as each club does not run the same Cross Country events, points earned at club events are not relevant in calculating AB awards.

Can I enter on the day for AB/BRAC Events?

Yes, athletes can enter up to 30 minutes prior to the events provided they are an Athletics Victoria registered member. If you are not registered with AV, you may enter as an invitational and still compete on the day but won't earn any points for your club or individual.

What if I don't have a club uniform yet?

Clubs will do everything they can to provide you with a uniform if you are a newly registered member but sometimes they need to be ordered. If you are new runner and don't yet have a club uniform, you may wear a plain black or white running gear with your new AB/BRAC/AB tags which will be provided on the day



Athletics Ballarat
11 York St,
Golden Point, VIC 3350

03 5332 1214
admin@athleticsballarat.com.au

VERSION CONTROL

Version	Change Summary	Date Modified	Approved By	Published Date
Version 1	New Document	20th May 2024	AB/BRAC Board	22nd May 2024
Version 2	Yearly Update	4th April 2025		

ATHLETICS
BALLARAT