



ATHLETICS NSW WINTER HANDBOOK 2013

GENERAL RULES FOR CROSS COUNTRY AND ROAD RUNNING

This section applies to the Mountain Running Championships, Novice Cross Country Championships, the Sydney: 10, the Long and Short Course Cross Country Championships, the Road and Cross Country Relays, the Half Marathon, Marathon Championships and the Fernleigh 15.

1. AGE GROUPS

- 1.1 Age for the purpose of all individual and team events in the Junior and Open divisions is determined by age as at 31st December of the competition year.
- 1.2 Age for the purpose of all masters individual and team events is determined by age as at the day of competition.
- 1.3 Junior and Open age divisions:
 - 1.3.1 Each division is offered for both male and female.
 - 1.3.2 Divisions are: U12, U14, U16, U18, U20, U23 (athletes who turn 20, 21 and 22 in the calendar year) and Opens (for the purpose of team events, the open age division is categorised as 24-34).
 - 1.3.3 The Junior and Open age groups apply to all Winter Championship individual and team events, except for the Mountain Running Championships, Novice, Half Marathon, and Marathon Championships where the junior age divisions are not offered (individual or team). The U23 age group is not offered for team events.
 - 1.3.4 A Junior athlete is eligible to compete in the Mountain Running Championships, Novice, and Half Marathon Championships as an open athlete for both individual and team purposes.
- 1.4 Masters age divisions:
 - 1.4.1 Each division is offered for both male and female.
 - 1.4.2 The Masters age groups apply to all Winter Championship individual and team events, except for the Mountain Running Championships, where the master age divisions are not offered (individual or team).
 - 1.4.3 Divisions are in 5 year age groups from 35 years; 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70+.
 - 1.4.4 The 5 year age groups apply to the 10km Road Race, Cross Country and the Short Course Cross Country Championship individual events only, not the Half Marathon, Marathon, Fernleigh 15 team or relay events.
 - 1.4.5 Divisions are in 10 year age groups from 35 years; 35-44, 45-54, 55-64 and 65+ for the Half Marathon, Marathon Championships and Fernleigh 15 team and relay events.
 - 1.4.6 Applying to all Winter events except the Mountain Running Championships, masters athletes may compete in their actual individual age division (i.e. 55+), whilst simultaneously competing in a younger team division (i.e. 45+), provided the separate divisions are held within the same event and the competition day administration team is notified of this through the appropriate form.
- 1.5 Athletes competing in a younger (for masters) or older (for juniors) age division for team purposes will nonetheless be considered to compete as individuals in their actual age division, provided the two events are held within the same race.
- 1.6 Where athletes competing in a younger (for masters) or older (for juniors) age division, for team purposes or otherwise, do not compete in the race for their actual age division, as the two events may not be held within the same race, the athlete will not be eligible for consideration in any individual championship. *For example:* In the current format of the Long Cross Country, a 65+ male athlete competes as a 45+ athlete to complete a 45+ team for his club. He therefore runs the 12km event instead of his

natural 8km event. If he does not also compete in the 8km event, he will not be eligible for any individual championship (the 65 nor the 45 individual titles). If, however, he competes for a 55+ team, and therefore competes in the same 8km event as his natural 65+ division, he will still be eligible for the individual championship in the 65+ division, notwithstanding that he is competing as a 55+ athlete for team purposes.

1.7 All athletes competing in a race which contains the Open individual championship are eligible to be considered for the Open Championship. However, for the purpose of teams, unless otherwise informed through the appropriate 'Change of Division/Gender' form, open teams will comprise of athletes aged 24-34.

1.8 In order to be considered eligible to race in the NSW Novice Cross Country Championship (Novice Men's 10km or Novice Women's 7km) athletes MUST NOT have placed 1st, 2nd, or 3rd in a NSW State Cross Country, track, or hurdle event 3000m or above in the Open age group. This includes the NSW Half marathon and Marathon Championships (or similar events from other State Association competitions). Any athlete who has achieved a National or International medal will also be deemed ineligible for the Novice Championship race.

2. AWARDS

2.1 In State Championships, first, second and third placegetters in both individual and team events shall receive an ANSW medal.

2.2 In events where under 23, Open and Masters age athletes compete together, the first three placegetters will be awarded the NSW Open Championship medal, even if they are of Under 23 or Masters age. An athlete may win an open award as well as the Championship title in their particular age group, however will not receive a second medal.

3. COUNTRY CHAMPIONSHIPS

3.1 Country Championship medals will be awarded in each category at the:

- Sydney:10 Road Race Championships
- NSW Cross Country Championships
- Short Walks Championships

3.2 Country athletes will receive the 'Country Title Medal' according to their finish place based on Country club competitors in the event. An athlete will not be eligible for two medals should they finish in a 'top three' position. *For example:* If a Country athlete places first in both the Country and State titles they receive the first place medal for the State title but will not receive a medal for the Country title.

3.3 Country clubs are those clubs affiliated with Athletics NSW as a Country Club.

4. ENTRY & COSTS

4.1 Entries for all individual ANSW Championship events will open online three (3) weeks prior to the competition. Cost of entry online is \$18 for athletes entering Masters, Open, U20 and U18 events and \$13 for athletes entering U16, U14 and U12 events. Online entries close at midnight the Wednesday before the competition. Any athlete without internet access or credit card must contact Athletics NSW directly for an alternative method of entry.

4.2 Entries for all ANSW Relay Championship events will be taken on the day. Team Managers are to submit the relay team form with accompanying payment, \$35 per team, at least sixty (60) minutes prior to the race starting. Individuals are eligible to run at the Relay Championships, in the first leg only, at an entry fee of \$10.

4.3 On the day entries for individual events are available but close 45 minutes prior to the event that the athlete wishes to enter. On the day entries cost \$25 (\$20 for athletes entering U16, U14 and U12 age groups).

4.4 Entries for fun runs are available on the day at the price designated by the host club.

4.5 Family entries (2 adults and any number of children) will be accepted up to the closing date for online entry by emailing the athletes' details to Athletics NSW, via email, info@nswathletics.org.au. The family entry fee of \$42 does not apply to on the day entries.

4.6 Entries for the Mountain Running Championships, NSW Half Marathon, Marathon Championships, and Fernleigh 15 will be taken by the event organisers at the entry cost for that event.

4.7 Only ANSW registered athletes (or other athletes registered with another state member association) may compete in ANSW Championships. Any athlete may compete in the club conducted fun run held in conjunction with ANSW Championship events.

4.8 Athletes are to ensure they return their timing tags at the conclusion of their race; otherwise a fine of \$15 per missing tag may be sought.

5. CONFIRMATION OF ENTRY

5.1 All athletes entering online must confirm their entry and collect their timing tag by reporting to athlete check in no later than 45 minutes prior to their event. Athletes who do not confirm will not receive a timing tag and will not receive a place or time.

6. UNIFORMS

6.1 Registered ANSW club athletes are required to wear their club uniform in all championship events. Current Athletics NSW registration numbers are required to be firmly fixed at the front and back, clearly showing the whole bib.

6.2 Should an athlete arrive without their current registration number, a temporary number will be issued on the day at a fee of \$5 payable at check in.

7. NSW DISTANCE RUNNER OF THE YEAR (Male) –

G.P.S Parke Memorial Medal

7.1 This competition shall be decided by calculating points earned over the Championships held over the winter season. The events are the Mountain Running Championships, Fernleigh 15, 12km Cross Country, 7.5km Short Course Cross Country, 10km Road Race, Marathon, Half Marathon, Road Relay, Cross Country Relay, Novice 10km Cross Country Championship and the Open 10km Cross Country held in conjunction with the latter.

7.2 In the Mountain Running Championships, Fernleigh 15, 12km Cross Country and 7.5km Short Course Cross Country, 10km Road Race, Half Marathon and Marathon Championships, the fastest fifteen competitors will be awarded fifteen (15) points for first, fourteen (14) for second and so on until one (1) point for fifteenth place. In the Road Relay and Cross Country Relay Championships, the five fastest runners in each leg of the Open Relay will be awarded five (5) points for the fastest, four (4) for the second fastest, etc. Athletes competing in more than one (1) relay team will only score once per day towards the Distance Runner of the year point score.

7.2.1 Points will be awarded, ten (10) for first, nine (9) for second, etc. until the top 5 athletes in the 10km Novice Championships have been allocated points. Points will be awarded, ten (10) for first, nine (9) for second, etc. until the top 5 athletes in the 10km Club/Invitational have been allocated points.

7.3 The runner scoring the highest number of points over the whole series of events shall be announced NSW Distance Runner of the Year (Male). In the event of a tie of competition points, the winner shall be the runner that scored points in the greater number of events.

8. NSW DISTANCE RUNNER OF THE YEAR (Female) –

Doris Magee Trophy

8.1 This competition shall be decided over the Championships held over the winter season. The events are the Mountain Running Championships, Fernleigh 15, 8km Cross Country, 5km Short Course Cross Country, 10km Road Race, Marathon, Half Marathon, Road Relay, Cross Country Relay, Novice 7km Cross Country Championship and the Novice 10km Club/Invitational event.

8.2 In the Mountain Running Championships, Fernleigh 15, 8km Cross Country, 5km Short Course Cross Country, 10km Road Race, Half Marathon and Marathon Championships, the fastest fifteen Competitors will be awarded fifteen (15) points for first, fourteen (14) for second and so on until one (1) point for fifteenth place. In the Road and Cross Country Relay Championships, the five fastest runners in each leg of the Open Relay will be awarded five (5) points for the fastest, four (4) for the second fastest, etc. Athletes competing in more than one (1) relay team will only score once per day towards the Distance Runner of the year point score.

8.2.1 Points will be awarded, ten (10) for first, nine (9) for second, etc. until the top 5 athletes in the 7km Novice Championships have been allocated points. Points will be awarded, ten (10) for first, nine (9) for second, etc. until the top 5 athletes in the 10km Club/Invitational have been allocated points.

8.3 The runner scoring the highest number of points over the whole series of events shall be announced NSW Distance Runner of the Year (Female). In the event of a tie of competition points, the winner shall be the runner that scored points in the greater number of events.

9. TEAMS

Team events, held in conjunction with each ANSW Winter Championship, will be conducted under the following rules:

9.1 Team events will be conducted within the male and female age divisions set out in rules 1.3.2 and 1.4.4.

9.2 For non-relay championships, an athlete may compete in more than one age division event on any competition day, so long as it is held within a separate race and is in accordance with rule 9.6.2, 9.6.3 and 9.6.4.

9.3 For relay championships, an athlete may compete in more than one age division, even if it is held within the same race, provided the athlete competes in a different leg in each event.

9.4 No athlete may compete in the same age division event more than once at any championship.

9.5 There are no junior teams in the Mountain Running Championships, NSW Novice Championships, NSW Half Marathon or Marathon and no Masters teams in the NSW Marathon and Mountain Running Championships.

9.6 Composition of Teams

9.6.1 Teams will consist of 4 athletes for all Winter Championship events, except for the Mountain Running Championships, Marathon Championships where teams will consist of 3 athletes.

9.6.2 One or two female athletes may be included to make up a shortfall in a male team, however, they must not replace available men.

9.6.3 Masters athletes may compete in a younger team division in accordance with rule 1.4.6.

9.6.4 Junior athletes may compete in an older junior team division or the Opens division, but not a Masters division.

9.7 Calculation of Team Results

9.7.1 For all Winter Championship events, except for Relays, team results will be calculated by the cumulative total of finishing positions in the particular age/gender, of all athletes comprising the team, where the team with the lowest cumulative total of finishing positions of winning the team event. Finishing positions of invitational athletes will not be included when tallying the ANSW team scores.

9.7.2 For Relay events, the teams' results will be determined by the ordinary finishing order of the 4th leg runners.

9.7.3 Should there be a tie; the team whose final runner had the lowest finishing position will be awarded the gold.

9.8 Entry of Teams

9.8.1 For the Mountain Running Championships, Fernleigh 15, Cross Country (Novice, Long and Short), the Sydney: 10 and Half Marathon events, an athlete wishing to be classified in a different age division or gender event for team purposes must fill out and submit a 'Change of Division/Gender' form at least 30 minutes prior to the commencement of the event. This information cannot be changed after the commencement of the race. The athlete will then be considered to be that age/gender for the purpose of the event and will be included in ANSW's calculation of the top 4 athletes in that event for team purposes, noting rule 9.6.2 (women may not replace available men).

9.8.2 For all Winter Championship events listed in rule 9.8.1, ANSW will automatically assign athletes to teams based on the finishing positions of athletes whose date of birth falls into the particular age division and gender.

9.8.3 For the Marathon Championships, teams must be submitted to ANSW by the close of business on the Friday prior to the event.

9.8.4 For Relay Championships, teams and reserves must be submitted prior to the commencement of the event. Any alterations to the running order must be submitted prior to the starting time of the last runner in the team, with only one reserve eligible to compete in a lower team within the same age division (male or female).

9.8.5 For events listed in rules 9.8.3 and 9.8.4, ANSW will not automatically generate teams. If no teams are entered in accordance with the rules a club will not field any teams in the event.

10. WINTER PREMIERSHIP

10.1 The Winter Premierships for all divisions (male and female) will be calculated by cumulative points for all Winter Championship events, in addition to the cumulative total points from the Long and Short Walk events.

10.2 Points are awarded to teams rather than clubs. A club's 'B' team, 'C' team, or subsequent team may score points in a specific division Winter Premiership in its own right and accrue those points throughout the season. Such points are scored independently of a club's 'A' team and are not combined to form a cumulative total for the club in the Winter Premiership. [A club's 'A' and 'B' teams are therefore in competition.]

10.3 The team with the highest cumulative points at the conclusion of the ANSW Winter Championship Cross Country Events will be awarded the Winter Premiership in the specific division.

10.4 In the event of a tie between two or more teams in a division, joint Winter Premierships will be awarded.

10.5 Points for the Winter Premiership divisions will be awarded based upon the finishing order of teams (to be determined by rules 9.7.1 and 9.7.2) and by the following structure:

1st team:	25 points	12th team:	9 points
2nd team:	20 points	13th team:	8 points

3rd team:	18 points	14th team:	7 points
4th team:	17 points	15th team:	6 points
5th team:	16 points	16th team:	5 points
6th team:	15 points	17th team:	4 points
7th team:	14 points	18th team:	3 points
8th team:	13 points	19th team:	2 points
9th team:	12 points	20th team:	1 point
10th team:	11 points	Subsequent teams:	1 point
11th team:	10 points		

10.6 For the State Novice Championships all athletes will be treated as Open male or female athletes and will be arranged into male or female teams of four athletes, in finishing order. The points awarded to the teams will be as set out in rule 10.5.

11. WINTER CLUB TROPHY

11.1 Points will be calculated by taking the cumulative total of points obtained by a club's Winter Premiership division teams, in addition to the individual points accrued by a club in accordance with rule 11.3.

11.2 Points will be included from all of a club's Winter Premiership teams, including 'B', 'C' or any subsequent teams in any Winter Premiership age division.

11.3 Each individual athlete competing in a Winter Championship event will accrue 1 point for their club in the Winter Club Trophy, including competitors in relay events. A competitor will accrue one point for each event they compete in, and may accrue more than 1 point on any competition day.

11.4 The club with the highest number of points, pursuant to rules 11.1 and 11.2 will be awarded the Winter Club Trophy.

12. UNAUTHORISED USE OF COURSE

12.1 Event courses are not available for warming up / warming down during the conduct of a race. The Referee reserves the right to disqualify the athlete/s, team or teams of the offending club/s or take other disciplinary action as may be deemed necessary.

13. VEHICLES

13.1 In all races, no vehicle other than official cars shall accompany a runner or walker, nor park in such a way as to hinder a start, finish or changeover or control point.

14. INDIVIDUAL COMPETITORS IN RELAYS

14.1 Individuals may compete in the relays on the condition that they must compete in the first leg. The cost will be \$10 for individual competitors.

14.2 Individual competitors in relay events will accrue one (1) point for their club in the Winter Club Trophy, as stipulated in rule 11.3.