



**2019 AUSTRALIAN CROSS
COUNTRY CHAMPIONSHIPS**
WOLLONGONG NSW // SATURDAY 24TH AUGUST



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AUSTRALIA



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WELCOME MESSAGE

ATHLETICS AUSTRALIA



On behalf of Athletics Australia, I would like to welcome all athletes, officials, coaches, schools, volunteers and spectators to the 2019 Australian Cross Country Championships.

Hundreds of athletes are set to compete in the race for national crowns in what is one of the most exciting weekends on the Australian athletics & school sport calendar.

These Championships are especially significant as we start our build towards hosting the 2021 World Cross-Country Championships in Bathurst. The dedicated Dapto XC track provides the perfect back drop as we launch our campaign to host and compete against the worlds best in the Central West of NSW.

We thank Destination Wollongong and the Local Organising Committee, under the Chairmanship of John Morris and representatives from Kembla Joggers, for their continued effort in allowing us to bring these Championships to the Illawarra Region. Your support and hospitality as hosts have been outstanding and we are confident the event will be a success thanks to your contribution.

I would also like to sincerely thank the Australian Sports Commission as well as our partners Coles and BLK for their ongoing support of our sport. A warm welcome also to our new partner and member of the AA family, R3hydr8.

Lastly, thank you to School Sport Australia and its co-ordinator Jacqueline Patrick Executive Officer NSWCHSSA, as well as to all our state Member Associations and particularly Athletics NSW for their assistance in the delivery of this event.

To all competitors, congratulations on qualifying for this prestigious event and we wish you every success in striving to reach your own personal goals.

Most importantly, I hope everyone enjoys the Championships, whatever your age or ability level, you are part of the athletics family and we are all working to build the largest participation sports in the country.

Bathurst 21 isn't far away, let's do everything we can to make our Cross Country and those Championships the most successful they can be. The road to BathurstXC starts here in Dapto and I wish you all well in the journey.



Mark Arbib
President
Athletics Australia

WELCOME MESSAGE

SCHOOL SPORT AUSTRALIA

On behalf of the Board of School Sport Australia, I welcome all students, teachers, team officials and parents to the 2019 School Sport Australia Cross Country Championships.

Established in 1981, School Sport Australia is responsible for the development and promotion of school sport in Australia. Each year school sport representative opportunities are provided for over 6,000 students.

State and territory school sport bodies work collaboratively and have accepted responsibility for implementing School Sport Australia programs, assisting in policy development and providing, through their individual state/territory networks, the maximum number of opportunities for students to participate in the broadest possible range of sporting activities. School sport is offered at district, regional, state and interstate level and each year, hundreds of thousands of Australian students are provided with participation opportunities.

Approved international programs are features of the national school sport calendar. International competitions planned during 2019 include football, hockey, and netball, plus schools and individuals will represent School Sport Australia at the International School Sport Federation athletics and tennis competitions.

Interstate sporting competitions provide opportunities for students to participate in sport at the highest level. These championships are an integral part of the School Sport Australia program, not only for their sporting benefits, but also for the immense educational, cultural and social benefits they provide for the participants.

I extend to all students my best wishes in their pursuit of selection for their state or territory team and wish them an enjoyable and rewarding experience as they pursue their personal goals in this particular sporting endeavour.

Representing a state or territory is an achievement of which you can feel very proud. I hope that all competitors, team officials, organisers and supporters associated with this championship derive satisfaction and fulfilment from their involvement.

In closing, I wish to acknowledge and thank NSW Combined High Schools Sports Association, NSW Primary School Sports Association, Athletics Australia, Kembla Joggers, the championship officials and all of the officials from the competing states and territories for their contribution in ensuring the success of this championship.

Graeme Jennings
President
School Sport Australia



WELCOME MESSAGE

NSW DEPARTMENT OF EDUCATION

I am delighted to welcome competitors, parents, caregivers, team and event officials and supporters to Kembla Grange for the 2019 School Sport Australia Cross Country Championships.

Our school sport programs are rich in tradition and your participation at this event acknowledges your part in this long history.

School sport championships organised and conducted by our state and regional school sports associations showcase the enormous talent that is nurtured in our schools. These opportunities encourage competitors to participate in the spirit of friendship, fair play and respect for others.

Students are here this week representing their schools and schools sports associations. Many students will achieve a personal best and gain a greater understanding that participation in sport provides enjoyment, builds connections and develops lifelong skills, including team work, problem solving and decision making.

On behalf of the NSW Department of Education I would like to thank our host school sport associations NSW Combined High Schools Sports Association and NSW Primary School Sport Association for their hospitality and event organisation. I also extend my thanks and appreciation to the parents, caregivers, teachers, principals and community sports organisations that have supported this championship. I would particularly like to acknowledge Teachers Mutual Bank for their ongoing support of our school sporting programs.

I trust that all competitors will be rewarded through their own personal performances and that they will leave with fond memories of their participation in these championships.

I am certain that every individual effort will be recognised and greatly appreciated by schools and school sports associations.

Mark Scott

Secretary

Department of Education



Education



WELCOME MESSAGE

NSW PRIMARY SCHOOL SPORTS ASSOCIATION

On behalf of the NSW Primary School Sports Association I would like to welcome all competitors, their families and friends to the 2019 School Sport Australia Cross Country Championships. To gain selection is an outstanding achievement for all the students competing. The NSWPSSA provides sporting opportunities for over 437,000 students across New South Wales in all educational sectors. These opportunities are due to the hard work and expertise of thousands of dedicated teachers at all levels of the representative pathway.

I would like to acknowledge the efforts of those teachers who have organised school, zone and regional competitions which have allowed the students competing at these championships the opportunity to reach this level. I would also like to thank the many teachers who are working at these championships as either officials or team managers.

Finally I thank the families and friends of all competitors. Without your ongoing support and encouragement the students would not be here. Physical activity and the skills learnt through the participation in sport are extremely important in the development of our youth.

I would like to wish all competitors the very best during the championships. I am sure that they will all take away wonderful memories from competing at these championships.



Ross Hallaways

President

NSW Primary Schools Sports Association

WELCOME MESSAGE

NSW COMBINED HIGH SCHOOLS SPORTS ASSOCIATION

It gives me great pleasure to welcome you to Kembla Grange and the 2019 School Sport Australia Cross Country Championships.

Sport continues to play a more significant role in building the Australian character and that of the youth of today not only in cross country but also in the other sports that the NSW Combined High Schools Sports Association conducts. The association endeavours to provide a wide range of sporting activities for all students in our public high schools. For 129 years in NSW schools competition has been provided at a variety of levels by willing and dedicated teachers to help the pupils in our schools reach their potential at their selected sport.

At this stage I must thank all those principals, coaches, managers, parents, officials and participants who have strived so hard to make our championships successful. Much of this time is done on a voluntary basis and it is greatly appreciated.



Simon Warren

President
NSWCHSSA



AUSSIE ATHLETES

Proudly supported by Coles, fuelled by bananas.

At Coles, we're proud to be a major partner of Athletics Australia and Little Athletics Australia. To celebrate the partnership, we're donating millions of bananas to Aussie Athletes and providing equipment grants to various Little Athletics Centres across the country. These are just two ways we're supporting Australia's little athletes to run, jump, throw and grow this season.



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CROSS COUNTRY TIMETABLE

KEMBLA JOGGERS CROSS COUNTRY PARK

FRIDAY 23 AUGUST 2019

12:00pm-2:00pm

Walk The Course

3:15pm

Opening Ceremony

SATURDAY 24 AUGUST 2019

TIME	AGE GROUP	DISTANCE	COURSE	CALL ROOM
9.00am	11 years Boys	3000m	1 x 3000m	8:40am
9.15am	11 years Girls	3000m	1 x 3000m	8:55am
9.30am	10-12 years Multiclass Boys & Girls	2000m	1 x 2000m	9:10am
9.50am	10 years Boys	2000m	1 x 2000m	9:30am
10.00am	10 years Girls	2000m	1 x 2000m	9:40am
10.10am	12 years Boys	3000m	1 x 3000m	9:50am
10.25am	12 years Girls	3000m	1 x 3000m	10:05am
10.40am	13-19 years Multiclass Boys & Para Open Men	3000m	1 x 3000m	10:20am
11.05am	13 Years Girls (U14 AA)	3000m	1 x 3000m	10:45am
11.20am	13 Years Boys (U14 AA)	3000m	1 x 3000m	11:00am
11.35am	13-19 years Multiclass Girls & Para Open Women	3000m	1 x 3000m	11:15am
12.00pm	16/17 Years Boys (U18 AA) & 16/17 Years SSA School Team Boys ISF World Schools Cross Country Selection Trial for SSA 16/17 Boys	6000m	2 x 3000m	11:35am
12.25pm	16/17 Years Girls (U18 AA) & 16/17 Years SSA School Team Girls ISF World Schools Cross Country Selection Trial for SSA 16/17 Girls	4000m	2 x 2000m	12:00pm
12.45pm	Open Men	10,000m	1 x 2000m + 2 x 4000m	12:20pm
1.30pm	Open Women	10,000m	1 x 2000m + 2 x 4000m	1:05pm
2.15pm	14/15 Years Boys (U16 AA)	4000m	2 x 2000m	1:50pm
2.35pm	14/15 Years Girls (U16 AA)	4000m	2 x 2000m	2:10pm
2.55pm	18/19 Years & U20 Boys AA	8000m	1 x 2000m + 2 x 3000m	2:30pm
3.30pm	18/19 Years & U20 Girls AA	6000m	2 x 3000m	3:05pm

SCHOOL SPORT AUSTRALIA RELAY CHAMPIONSHIPS

KEMBLA JOGGERS CROSS COUNTRY PARK

MONDAY 26 AUGUST 2019

Time	Event	Distance
8:15am	Boys 16/17 – Line 3 Boys 18/19 – Line 1	5 x 3000m
9:10am	Multiclass Relays – Sec line 3, Prim line 4 10 Years Boys – Line 1 10 Years Girls – Line 2	4 x 1000m
9:30am	Boys 14/15 – Line 1 Girls 14/15 – Line 4 Girls 16/17 – Line 3 Girls 18/19 – Line 2	5 x 2000m
10:15am	Multiclass Time Trials – Track Finish Line	1000m
10:25am	Girls 11 – Line 4 Girls 12 – Line 3 Boys 11 – Line 2 Boys 12 – Line 1	4 x 1500m
10:55am	Composite Teams – Line 3 Boys 13 – Line 1 Girls 13 – Line 2	6 x 1500m 5 x 1500m
11:35am	Boys 13 – Time Trials Girls 13 – Time Trials	1500m
11:44am	Boys 14/15 – Time Trials Girls 14/15 – Time Trials Girls 16/17 – Time Trials Girls 18/19 – Time Trials Girls 16/17 – School Team Time Trials	2000m
11:54am	Boys 16/17 – Time Trials Boys 18/19 – Time Trials Boys 16/17 – School Team Time Trials	3000m
12:20pm	Presentations & Closing Ceremony	

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SCHOOL SPORT AUSTRALIA

RULES OF COMPETITION

2. RULES OF COMPETITION

2.1 RULES, PROTESTS & DISPUTES

- a. The rules as specified by IAAF and IPC shall apply unless stated otherwise.
- b. In the event of a dispute or grievance arising during event, the matter will be referred in the first instance to the Event Referee for resolution. Initially they are to be made orally then confirmed in writing and handed to the Technical Delegate within twenty (20) minutes of the completion of the race. The Event Referee will then deal with the protest.
- c. Appeals against the decision of the Event Referee will be referred to a Jury of Appeal comprising three members: Technical Delegate (or nominee), School Sport Australia National Secretary (or nominee) and the Host State Event Convener (or nominee). Decisions of the Jury of Appeal are final.
- d. The host state provides an appropriate MULTI-CLASS co-ordinator for the championships. That this person not be Qld or NSW unless the event is in those respective States – (If someone is asked to be a MULTI-CLASS co-ordinator from a different state then it is something that would need to be negotiated with that person, their principal and the requesting state).

2.2 TEAM SIZE

- a. Each state/territory is entitled to enter six (6) athletes in each age/gender division in the 10 years, 11 years and 12 years events.
- b. Each state/territory is entitled to enter six (6) athletes in each age/gender division for the 13 years, 14/15 years, 16/17 years and 18/19 years age group events and, with the inclusion of additional athletes, up to a maximum team size of sixty (60).
- c. In the year prior to the ISF World Cross Country Championship each state / territory may nominate a representative school of up to six athletes of each gender in the school team competition. This is in addition to the maximum team size of (60). These athletes will be eligible to contribute to the team point score.
- d. Each state/territory is entitled to enter three (3) athletes in each age/gender division in the 10 years, 11 years and 12 years and 13 years, 14/15 years, 16-19 years MULTI-CLASS events provided the qualifying standards and classification standards have been met. In the event that an age/gender division doesn't have three (3) qualifying athletes, athletes in another age/gender division may be selected if they meet the qualifying standard to make a total of 18 athletes across 10 – 12 years and 18 athletes across 13 – 19 years teams.

2.3 AGES

- a. Ages of athletes will be determined as at December 31st in the year of competition
- b. In individual events, competitors may only run as defined by their year of birth, except in the year of the International Schools Selection trial where students may move up to the 16/17 years age group.
- c. Athletes representing their school during the international selection trial MUST turn either 14 or 15 or 16 or 17 years of age in the year prior to the ISF World Schools Cross-Country Championships.

2.4 CROSS COUNTRY COMPETITION FORMAT

a. Events shall be conducted for boys and girls as follows:

Girls 10 years	2000m Individual	5 x 1000m Relay
Girls 11 years	3000m Individual	5 x 1500m Relay
Girls 12 years	3000m Individual	5 x 1500m Relay
Boys 10 years	2000m Individual	5 x 1000m Relay
Boys 11 years	3000m Individual	5 x 1500m Relay
Boys 12 years	3000m Individual	5 x 1500m Relay
Composite (1 athlete from each age/gender division)		6x 1500m Relay
Composite for MULTI-CLASS 10-12 years		4x 1000m Relay
MULTI-CLASS 10-12 years	2000m Individual	
MULTI-CLASS 10-12 Years not in a relay		1000m Time Trial
Girls 13 years	3000m Cross Country	5 x 1500m Relay
Girls 14/15 years	4000m Cross Country	5 x 2000m Relay
Girls 16/17 years	4000m Cross Country	5 x 2000m Relay
Girls 18/19 years	6000m Cross Country	5 x 2000m Relay
Girls 13 years not in a relay		1500m Time Trial
Girls 14/15, 16/17, 18/19 not in a relay		2000m Time Trial
Boys 13 years	3000m Cross Country	5 x 1500m Relay
Boys 14/15 years	4000m Cross Country	5 x 2000m Relay
Boys 16/17 years	6000m Cross Country	5 x 3000m Relay
Boys 18/19 years	8000m Cross Country	5 x 3000m Relay
Boys 13 years not in a relay		1500m Time Trial
Boys 14/15 years not in a relay		2000m Time Trial
Boys 16/17 and 18/19 years not in a relay		3000m Time Trial
MULTI-CLASS Boys 13/19 years	3000m Cross Country	
MULTI-CLASS Girls 13/19 years	3000m Cross Country	
Composite for MULTI-CLASS 13 – 15, 16 -19 years		4 x 1000m Relay
MULTI-CLASS 13/19 Boys & Girls not in a relay		1000m Time Trial

SCHOOL SPORT AUSTRALIA

RULES OF COMPETITION

2.4 CROSS COUNTRY COMPETITION FORMAT CONTINUED

- b. The Organising Committee in consultation with the National Secretary and the Technical Delegate will determine the program order of events.
- c. Starting positions for each race will be determined by the Organising Committee conducting a draw for Race 1 and rotating positions for other races. Position 1 will be on the left of the starting line facing the direction of running. Teams will be allocated a particular starting box.
- d. An elevated banner will mark the finish line along with a thick white line on the ground surface that is clearly visible to all athletes.
- e. Judges are required to record the finishing order of all athletes. It is recommended that a dictaphone and/or video camera be used to determine accurately athletes final placing's.
- f. A Cross-Country race shall not commence unless the previous race is finished. This rule may be waived by the Event Referee in the event of severe weather conditions or special circumstances.

2.5 CROSS-COUNTRY TEAM SCORING

2.5.1 Able Body Events

- a. 'Scoring team' means a state having at least four athletes completing the race.
- b. 'Scoring members' includes up to the first six athletes from each state completing the race.
- c. In determining the finishing positions of scoring members of scoring teams, the race result will be adjusted so that the finishing positions of non-scoring members of scoring team (i.e. more than six from any state) and members of non-scoring teams (ie. less than four from any state) shall be eliminated.
- d. If two or more competitors tie for any place, the points for the places concerned shall be aggregated and divided equally amongst the competitors involved in the tie.
- e. The winning team will be the state, which scores the least number of points by aggregating the positions in which its first four scoring members finish.
- f. In the case of a tie on points, the team whose fourth scoring member finished nearer to first place shall be declared the winner. If placing remains equal this principle applies to the third scoring member, and so on, until a winner is obtained.
- g. Athletes representing overseas teams will be eliminated from the team scoring process.

2.5.2 Multiclass Events

- a. For multiclass events "scoring members" include up to the first 3 athletes from each state completing the race.
- b. In determining the finishing positions of scoring members of scoring teams, the race result will be adjusted so that the finishing positions of non-scoring members of scoring team (i.e. more than three from any state) and members of non-scoring teams (ie. less than two from any state) shall be eliminated.
- c. If two or more competitors tie for any place, the points for the places concerned shall be aggregated and divided equally amongst the competitors involved in the tie.
- d. The winning team will be the state, which scores the least number of points by aggregating the positions in which its first two scoring members finish.
- e. In the case of a tie on points, the team whose second scoring member finished nearer to first place shall be declared the winner. If placing remains equal this principle applies to the third scoring member.

2.6 RELAY EVENT RULES

- a. Age relay teams for 10 years, 11 years and 12 years shall comprise five (5) athletes from the same state who are eligible for that event. If in any given relay, should there be insufficient numbers, a team replacement can come from a younger age group, however, a team must contain at least half of the correct age group. Composite relay teams shall comprise six (6) athletes from the same state who are eligible for that event. MULTI-CLASS composite 10-12 years relay teams shall comprise of four (4) athletes from the same state who are eligible for that event.
- b. Age relay teams for 13 years, 14/15 years, 16/17 years and 18/19 years events shall comprise five (5) athletes from the same state who contested Cross-Country events in that division. If in any given relay, should there be insufficient numbers, a team replacement can come from a younger age group, however, a team must contain at least half of the correct age group. MULTI-CLASS composite 13 – 15 and 16 – 19 years relay teams shall comprise of four (4) athletes from the same state who are eligible for that event.
- c. The name of athletes representing each state, in their correct running order, will be supplied to the Referee (or nominee) not less than twenty minutes prior to the scheduled start of the race. Changes to the nominated running order can only be made with permission of the Referee (or nominee).
- d. Each runner will wear a large coloured patch supplied by the School Sport Australia National Secretary on the front and back of the running singlet/top to indicate the age/year group they are competing in. Computer labels with athlete details will be supplied and bib numbers used in the individual event will also be required in the time trials.
- e. After completion of each relay leg, athletes will establish clear, physical contact with the outgoing runner within a marked 20m zone.
- f. All age relay teams running the same distance shall be conducted simultaneously at the discretion of the organising committee.
- g. For Age relay teams 13, 14/15, 16/17 and 18/19 years events, States may substitute athletes from another age group into its nominated relay team provided that:
 - the relay being contested is for an older age group than that contested by the athlete in a cross- country event.
 - the substitution does not affect the representation of the state in the younger age group.
 - the athlete being included was not one of the first five representatives of that state to complete the cross-country event for his/her division except where that state is unable to be represented by a relay team in the younger division.
- h. Athletes not nominated to represent their state in their official age relay teams will be given the opportunity to compete in a Time Trial, which shall consist of a race half the individual race distance.
- i. The Time Trial for each age group shall be conducted simultaneously with other age groups of the same gender. All time trials will be conducted after the relay events.
- j. Athletes competing in Time Trial events must compete in the same age group as they did for cross- country events, EXCEPT in the year of the international selection trial when the time trial will be split into two competitions. A school team time trial (all school team members except those members selected in the top 6 of their state) and a 16/17 and 18/19 school sport team member time trial.

SCHOOL SPORT AUSTRALIA

RULES OF COMPETITION

2.6 RELAY EVENT RULES CONTINUED

- k. Relay events for a particular gender shall be scheduled prior to the Time Trial for that gender and the Composite Relay.
- l. A relay or time trial shall not commence until all competitors have completed the previous event.
- m. The Organising Committee shall determine starting positions for each relay and time trial.
- n. Each age group MULTI-CLASS 13 – 15, 16 – 19 and 13, 14/15, 16/17 and 18/19 years events contesting a relay will be provided with a start/finish line and changeover zone. In the MULTI-CLASS 10-12 years, 10 years, 11 years and 12 years relays a single start/finish line will be used depending on how the event is organised.

2.7 UNIFORM

- a. Each athlete must wear the correct uniform of his/her state when competing and when being presented with a medal/award.
- b. States may wish to designate a selected group of athletes to wear the principal uniform of that state. If so, the state concerned must make arrangements for other athletes representing that state to be uniformly attired i.e. individual, school or club costumes are not permitted. This does not apply to athletes representing their school only during the international selection trial. Suggested options include the wearing of different coloured shorts, reverse singlet colours, etc.
 - I. All athletes representing their School Team in the ISF World Schools selection trial will wear the full running uniform of their school.
 - II. If a School team athlete finishes in the first 5 athletes for their state in the 16/17 Boys or Girls they will be bound by the selection rules for the relays and MUST wear the uniform of his/her state.
- c. To permit officials, spectators and competitors to identify athletes properly, each state should ensure that its competition uniform is designed in such a manner that it is clearly distinguishable from other states.
- d. School Sport Australia will maintain a register of state competition uniforms. States are required to notify their current uniform design.
- e. The Host State will allocate each competitor a unique registration number.
- f. The Host state will provide each competitor with two bibs, each bearing the registration number of the athlete, and pins, etc. to attach the bibs to the athlete's uniform in accordance with IAAF requirements.
- g. Any regulations concerning footwear or length of spikes, which may be applicable to the course/venue, must be notified to competing states. Athletes in events 12 years and under are not permitted to wear spikes.
- h. The host state should provide baskets for each state/territory in the call room for the easy transfer of runners' gear.

2.8 SPECIFIC RULES AND GUIDELINES FOR ATHLETES WITH A DISABILITY (MULTI-CLASS)

- a. **Selection:** Each MULTI-CLASS must complete the selection criteria as determined by their School Sport Australia member body (e.g. participation at school, district, and regional level).

- b. **Team Size:** Each member body will be allowed 3 competitors per gender in each of the following age groups – 10years, 11 years, 12 years, 13 years, 14/15 years and 16-19 years providing the qualifying and classification standards have been met. In the event that an age/gender division doesn't have three (3) qualifying athletes, athletes from another age/gender division may be selected if they meet the qualifying standard to make a total of 18 athletes across 10 – 12 years and 18 athletes across 13 – 19 years teams.

- c. **Distances:**

Individual Cross-Country:

All MULTI-CLASS's in the 10-12 years individual cross-country be conducted as a combined event over a distance of 2kms. Medals will be presented as per age group and gender. MULTI-CLASS's at the secondary level will run in a combined event over a distance of 3 km for all ages.

Rule 2.8c: Team Relays: MULTI-CLASS's to run a distance of 1000m for all ages and gender. Each state may enter one (1) primary relay team (10-12 years) and one (1) secondary relay team in each of the following ages 13-15 years and 16-19 years, consisting of 4 members. Gold medals to be awarded as per current age groups and genders. Must have 4 athletes to field a team. The team points for medals will be calculated by averaging all competitors' percentages, and medals awarded using the method as used with the individual races. There will be Primary medals and Secondary medals given. Medals (based on the points score) will be presented to the first 3 states Time Trials: MULTI-CLASS's not in a relay will run a time trial distance of 1000m for all ages and gender. A gold medal will be awarded to the winner of 10 years & 11 years & 12 years of each gender (the same scoring system will be used as per the individual event). Gold medals will be awarded to 13 years, 14/15 years and 16-19 years of each gender (the same scoring system will be used as per the individual event)

- d. **Qualifying Standards:** ALL athletes MUST meet a qualifying time set for each disability class in each gender.

The qualifying times for MULTI-CLASS athletes will be according to a table of standards attached below at Schedule G.

- e. **NOTE:** An MULTI-CLASS must choose prior to competing whether they will compete as an MULTI- CLASS or with their peers. If competing as a MULTI-CLASS they must complete the classification documentation.
- f. **Results:** Placings for all MULTI-CLASS events will be determined using the multi-disability set by AA for 1500m races in relation to the distance run for each even (individual cross-country, relays and time trials).

SCHOOL SPORT AUSTRALIA

RULES OF COMPETITION

2.8 SPECIFIC RULES AND GUIDELINES FOR ATHLETES WITH A DISABILITY (MULTI-CLASS) CONTINUED

g. Eligible Classifications:

- Intellectually Disabled – ID (T20); or
- Hearing Impaired – HI (T01); or
- Physical Impairment (PI). This will be restricted to
 - Visually Impaired – T11, T12 and T13. T11 athletes must run with a guide and T12 and T13 athletes can elect to have a sighted guide runner. See Sighted Guide guidelines; or
 - Cerebral Palsy – T35, T36, T37 or T38 or;
 - Dwarfism – T40 and T41 are both subject to a medical clearance.
 - Amputee T42, 43, 44, 45, 46 (NO PROSTHESES) or;
 - Amputee T60 (Medical clearance is required prior to competing) or;
 - Amputee T62 (Medical clearance is required prior to competing) (WITH PROSTHESES) or
 - Amputee T63 (Medical clearance is required prior to competing) (WITH PROSTHESES) or;
 - Amputee T64 (Medical clearance is required prior to competing) (WITH PROSTHESES)

- h. Hearing aids will be removed on the line one minute prior to the start or after all final instructions have been given, whichever is the latter.

CROSS COUNTRY MULTI-CLASS COMPETITORS QUALIFYING STANDARDS

GIRLS	2km					3km			
	1500 MDS	2000 MDS	10 YEARS	11 YEARS	12 YEARS	3000 MDS	13 YEARS	14-15 YEARS	16-19 YEARS
CLASS									
Hearing Impaired									
T01	05:15.96	05:15.96	12:38.30	12:06.71	11:35.11	05:15.96	17:54.26	17:22.67	16:51.07
Visually Impaired									
T11	07:09.90	07:09.90	17:11.76	16:28.77	15:45.78	07:09.90	24:21.66	23:38.67	22:55.68
T12	06:13.50	06:13.50	14:56.40	14:19.05	13:41.70	06:13.50	21:09.90	20:32.55	19:55.20
T13	05:31.44	05:31.44	13:15.46	12:42.31	12:09.17	05:31.44	18:46.90	18:13.75	17:40.61
Intellectually Impaired									
T20	05:14.93	05:14.93	12:35.83	12:04.34	11:32.85	05:14.93	17:50.76	17:19.27	16:47.78
Cerebral Palsy									
T35	10:53.6	10:53.56	26:08.54	25:03.19	23:57.83	10:53.56	27:13.90	26:08.54	25:03.19
T36	07:17.84	07:17.84	17:30.82	16:47.03	16:03.25	07:17.84	24:48.66	24:04.87	23:21.09
T37	06:34.19	06:34.19	15:46.06	15:06.64	14:27.22	06:34.19	22:20.25	21:40.83	21:01.41
T38	06:24.41	06:24.41	15:22.58	14:44.14	14:05.70	06:24.41	21:46.99	21:08.55	20:30.11
Amputee & Les Autres									
T42 (T63)	11:45.9	11:45.88	28:14.11	27:03.52	25:52.94	11:45.88	29:24.70	28:14.11	27:03.52
T43 (T62)	07:24.27	07:24.27	17:46.25	17:01.82	16:17.39	07:24.27	25:10.52	24:26.09	23:41.66
T44 (T64)	07:24.27	07:24.27	17:46.25	17:01.82	16:17.39	07:24.27	25:10.52	24:26.09	23:41.66
T45 - 46	06:13.89	06:13.89	14:57.34	14:19.95	13:42.56	06:13.89	21:11.23	20:33.84	19:56.45
Short Stature									
T40 - T41	12:26.91	12:26.91	28:37.89	27:23.20	26:08.51	12:26.91	31:07.27	29:52.58	28:37.89
Transplant									
T60	06:01.85	06:01.85	14:28.44	13:52.25	13:16.07	06:01.85	20:30.29	19:54.10	19:17.92
BOYS	2km					3km			
	1500 MDS	2000 MDS	10 YEARS	11 YEARS	12 YEARS	3000 MDS	13 YEARS	14-15 YEARS	16-19 YEARS
CLASS									
Hearing Impaired									
T01	04:46.49	04:46.49	11:56.22	11:27.58	10:58.93	04:46.49	17:40.0	17:11.4	16:42.7
Visually Impaired									
T11	05:48.02	05:48.02	14:30.05	13:55.25	13:20.45	05:48.02	21:27.7	20:52.9	20:18.1
T12	04:19.90	04:19.90	10:49.75	10:23.76	09:57.77	04:19.90	16:01.6	15:35.6	15:09.7
T13	04:32.08	04:32.08	11:20.20	10:52.99	10:25.78	04:32.08	16:46.7	16:19.5	15:52.3
Intellectually Impaired									
T20	04:26.16	04:26.16	11:05.40	10:38.78	10:12.17	04:26.16	16:24.8	15:58.2	15:31.6
Cerebral Palsy									
T35	06:48.4	06:48.36	17:00.90	16:20.06	15:39.23	06:48.36	25:10.9	24:30.1	23:49.3
T36	05:54.27	05:54.27	14:45.68	14:10.25	13:34.82	05:54.27	21:50.8	21:15.4	20:39.9
T37	04:47.01	04:47.01	11:57.53	11:28.82	11:00.12	04:47.01	17:41.9	17:13.2	16:44.5
T38	04:30.17	04:30.17	11:15.43	10:48.41	10:21.39	04:30.17	16:39.6	16:12.6	15:45.6
Amputee & Les Autres									
T42 (T63)	10:56.7	25:10.43	24:04.76	22:59.09	10:56.71	27:21.8	26:16.1	25:10.4	27:03.52
T43 (T62)	06:56.04	17:20.10	16:38.50	15:56.89	06:56.04	25:39.3	24:57.7	24:16.1	23:41.66
T44 (T64)	06:56.04	17:20.10	16:38.50	15:56.89	06:56.04	25:39.3	24:57.7	24:16.1	23:41.66
T45 - 46	04:15.70	10:39.25	10:13.68	09:48.11	04:15.70	15:46.1	15:20.5	14:54.9	19:56.45
Short Stature									
T40 - T41	10:56.71	25:10.43	24:04.76	22:59.09	10:56.71	27:21.8	26:16.1	25:10.4	28:37.89
Transplant									
T60	04:55.42	12:18.55	11:49.01	11:19.47	04:55.42	18:13.1	17:43.5	17:14.0	19:17.92

AUSTRALIAN CROSS COUNTRY CHAMPIONSHIPS

SUMMARY OF TEAM SCORING

TEAM EVENTS (except Open)

A state teams' event will be conducted in all events (with the exception of Para events for Open and U23). All athletes will be eligible to score points for their state, based on the following rules;

- Para/Multiclass athletes will have their team events only in the All Schools section of the competition from 10 years to U20 years. A scoring team must have 2 scoring members and includes the first 3 athletes from each state but NO blockers.
- 'Scoring team' means a state having at least four athletes completing the race.
- 'Scoring members' includes up to the first six athletes from each state completing the race. i.e., there can be up to two blockers
- In determining the finishing positions of scoring members of scoring teams, the race result will be adjusted so that the finishing positions of non-scoring members of scoring team (i.e.. more than six from any state) and members of non-scoring teams (i.e.. less than four from any state) shall be eliminated.
- If two or more competitors tie for any place, the points for the places concerned shall be aggregated and divided equally amongst the competitors involved in the tie.
- The winning team will be the state which scores the least number of points by aggregating the positions in which its first four scoring members finish.
- In the case of a tie-on points, the team whose fourth scoring member finished nearer to first place shall be declared the winner. If placings remain equal this principle applies to the third scoring member, and so on, until a winner is obtained.
- Athletes representing overseas teams will also be eliminated from the team scoring process.


Note - Athletics Australia MA's must advise, by the Technical meeting, which athletes are competing as OR's (in other words, who forms the official team in the Under 20 Male and female events). The remaining athletes will be designated as Additional competitors (AC's) and eligible for individual medals only. Note 2- In the Under 14, Under 16, Under 18 and Under 20 age groups, all athletes from their state, will be eligible to score points for their State Team.

OPEN / U20 TEAM EVENT

To be eligible for selection in a State Team, athletes must be registered with the Athletics Australia Member Association for that State or Territory.

The following rules apply in terms of the number of Official Representatives (OR) competitors in each event:

Event	Min Nos in Team	Max Nos in Team	Nos to count for points
Men Open 10km	4	6	4
Women Open 10km	4	6	4



All other competitors can be entered as Additional Competitors (**AC**) and there are no qualifying standards. There is no restriction on the numbers of additional competitors that any association can enter in **Open** and **Under 20** age group.

For the Open & Under 20 teams, the ORs in each team must be declared at the Technical Meeting but may be altered up until call time for each race. If no changes are made prior to or at call, then the athletes declared as ORs at the Technical Meeting will remain the team.

For the Open teams' events in these championships (but not the schools championships) the method of scoring is as follows:

- By scoring the least number of points according to the positions in which the scoring members [see numbers to count for points above] of a team finish. The finishing positions of the non-scoring members of a team and the members of a team which fails to finish the minimum number to score shall be eliminated in the teams point scoring. In other words, in the Australian Open Championships there are no "blockers".
- If two or more competitors tie for any place, the points for the places concerned shall be aggregated and divided equally between the tying competitors.
- In case of a tie in points, the team whose last scoring member finished nearest to first place will be the winning team.

CLUB CHAMPIONSHIPS - OPENS

1. There will be two Club Championships - Open Men and Open Women.
2. In the Open Men and Open Women Club Championships, the first three athletes from any club will score.
3. The method of scoring shall be by scoring the least number of points according to the positions in which athletes finish. The finishing positions of the non-scoring members of a club, the members of a club which fails to finish the requisite number to score, and non-registered athletes, will not be eliminated from the results prior to scoring.

If two or more competitors tie for any place, the points for the places concerned shall be aggregated and divided equally among the competitors so tying. In case of a tie on points, the team whose last scoring member finishes nearest to first place shall be the winning team.

AUSTRALIAN CROSS COUNTRY CHAMPIONSHIPS

TECHNICAL REGULATIONS

1. The Championships will be conducted according to the rules of the IAAF, Athletics Australia and School Sport Australia.

2. **UNIFORMS:**

Each registered athlete shall wear the uniform of his/her first claim club, unless his/her Association has chosen a representative team of athletes who shall wear the uniform of that Association. Associations shall only choose first claim-registered athletes. Depending on the arrangement reached between the AIS or a State Institute or Academy with the athlete's Member Association, an athlete may wear the uniform of the Institute or Academy, instead of the Association uniform. Competitors from a School Sport Australia Member body team representing their school for selection at the ISF World Schools Championships WILL wear the uniform of their school ONLY.

All athletes entered in the All Schools events by an Athletics Australia Member Association must wear either the correct Association uniform.

3. **COMPETITION NUMBERS/TIMING TAGS**

Each set of competition numbers will have a timing tag attached. Competition numbers will be given to the Team Managers at the Technical Meeting, who will be responsible for issuing to all athletes from their State/Territory. The competition bib numbers issued to competitors for these championships must be worn on the front and back of the competition uniform firmly attached with not less than four (4) pins, so the entire number and sponsorship information can be easily read. No part of the number shall be folded under the uniform.

ATHLETICS AUSTRALIA WILL ENFORCE IAAF RULES 143.9 – 143.11, WHICH RENDER AN ATHLETE LIABLE TO DISQUALIFICATION IF S/HE TAMPERS IN ANY WAY WITH THE COMPETITION NUMBER.

ATTACH TO FRONT



ATTACH TO BACK



4. OFFICIAL REPRESENTATIVES (ORs):

The ORs in each Open team must be declared at the Technical Meeting but may be altered up until call time for each race. If no changes are made prior to or at call room, then the athletes declared as ORs at the Technical Meeting will remain the team.

All Additional Competitors (ACs) are deemed entered unless their status is changed to OR.

5. WARM UP AREA:

There will be a designated warm up area for this event. Athletes, coaches and team managers will be permitted in the warm up area however no other spectators are permitted. Athletes are reminded that no warm up is permitted on the course or in any other area that has been signed and/or marked as 'no warm up'. Athletes are asked to comply with all instructions and directions given by Officials.

6. CALL TIMES:

There will be Call Times via the announcer starting 30 minutes prior to each event.

Athletes must report to the Call Room no later than 20 minutes prior to the starting time of their event to confirm their entry. Basic uniform checks, including for non-conforming advertising will be made.

Athletes must then be taken to the assembly area adjacent to the start line 5 minutes prior to the official start time for the event. There will be 5, 3 and 1-minute warning announcements for athletes in the assembly area. If a Team Manager is unable to make contact with an athlete prior to competition, he or she should deliver the athlete's numbers to the Call Room so that the athlete may collect upon check in.

No goods will be collected or stored in the Call Room. Athletes wishing to wear tracksuits or other garments after they leave the Call Room should make arrangements with team managers to collect them from them at the start line.

Para/Multiclass athletes who have hearing aids can have them collected by their team managers at the start line after the starter's briefing.

7. STATE TEAMS COMPETITION:

Team Championships will be held in accordance with the teams scoring document. The following Team Championships will be held:

Men:

Open, Under 20, Under 18, Under 16, Under 14, 12 years, 11 years, 10 years, para 10, 11, 12 and para 13, 14/15 and 16-19

Women:

Open, Under 20, Under 18, Under 16, Under 14, 12 years, 11 years, 10 years, para 10-12 and para 13-19

Please refer to the official teams scoring rules for this championship.

AUSTRALIAN CROSS COUNTRY CHAMPIONSHIPS

TECHNICAL REGULATIONS

8. MEDALS

Medals will be presented for all events where championships are being decided. Individual and team medals will be presented as soon as is practicable after the conclusion of the event and results have been finalised. Each athlete must wear either their competition singlet or team tracksuit top for the victory ceremony. Team Managers are requested to assist in ensuring athletes are readily available and are correctly dressed.

For the Under 23 age groups, individual medals will be awarded to the first three Under 23 athletes (who are eligible to win Australian Championships and are born in 1997, 1998 or 1999) to finish in the men and women's open events. No additional entry fee will apply nor is it necessary to specifically enter for the Under 23 – all eligible athletes will be automatically considered. There will not be a team medal competition in the Under 23 category.

Team medals will be presented in accordance with the rules described in the team scoring documents. The stipulation as to how many teams and therefore how many medals will be presented will be followed.

All para-athlete results will be calculated under the MDS Scoring Tables for 1500m MDS tables. Annie can you please check with Steve in that OPENS are determined by their classification and then across the line placings

9. MEDAL PRESENTATIONS:

The individual first three official place getters in each race will receive medals and are required to be at the designated presentation area at the following times. Team presentations will take place following the determination of results and will be asked to the presentation area by the Ground Announcer.

EVENT	AGE GROUP	DISTANCE	PRESENTATION
1	11 years Boys	3000m	9.45am
2	11 years Girls	3000m	10.00am
3--8	10-12 years Multiclass Boys & Girls	2000m	10.55am
9	10 years Boys	2000m	10.30am
10	10 years Girls	2000m	10.40am
11	12 years Boys	3000m	11.00am
12	12 years Girls	3000m	11.10am
13-16	13-19 years Multiclass Boys & Para OpenMen	3000m	11.30am
17	13 Years Girls (U14 AA)	3000m	11.50am
18	13 Years Boys (U14 AA)	3000m	12.05pm
19-22	13-19 years Multiclass Girls & Para Open Women	3000m	12.30pm
23	16/17 Years Boys (U18 AA) & 16/17 Years SSA School Team Boys ISF World Schools Cross Country Selection Trial for SSA 16/17 Boys	6000m	1.05pm
24	16/17 Years Girls (U18 AA) & 16/17 Years SSA School Team Girls ISF World Schools Cross Country Selection Trial for SSA 16/17 Girls	4000m	1.15pm
25	Open Men	10,000m	1.45pm
26	Open Women	10,000m	2.40pm
27	14/15 Years Boys (U16 AA)	4000m	3.05pm
28	14/15 Years Girls (U16 AA)	4000m	3.30pm
29	18/19 Years & U20 Boys AA	8000m	4.00pm
30	18/19 Years & U20 Girls AA	6000m	ASAP

AUSTRALIAN CROSS COUNTRY CHAMPIONSHIPS

TECHNICAL REGULATIONS

10. PROTESTS:

Protests must be lodged initially with the Out of Stadium Referee as per IAAF rules. Appeals to the Jury are to be made in writing on the appropriate Appeal Form and lodged with the \$50 fee. Appeals can be made by either the athlete or Team Manager and should be lodged in the TIC area where forms will be available.

11. WATER

Water will be available for athletes at the call room, the finish line area and two refreshment stations for competitors on the course.

12. FIRST AID:

First Aid will be set up for anyone requiring treatment at the finish line area. There will be space in the medical area at the finish line for team medical personnel.

13. ASTHMA MEDICATION:

Team Managers are advised that those athletes (all age groups except Open and U20) who have been medically prescribed with asthma medication will be permitted to take their medication with them to the Call Room and subsequently onto the course. They must, however, advise the Call Room Manager/ Officials with their bib number prior to leaving the Call Room for their event.

14. AMENITIES:

Toilet facilities for athletes, officials and spectators will be available at the venue. Food trucks and coffee vans will be onsite.

15. LIVE STREAM BROADCAST:

The event will be broadcast via livestream on AthsTV and Athletics Australia facebook page. There will be designated areas around the venue solely for the use of the broadcaster including a designated track for a manned gator. Athletes and Spectators are not permitted within these areas.

16. TECHNICAL MEETING:

The Technical Meeting will be held on **Friday 23th August at 5:30pm** at the **Sage Hotel Wollongong (Grand Pacific Room 1)**.



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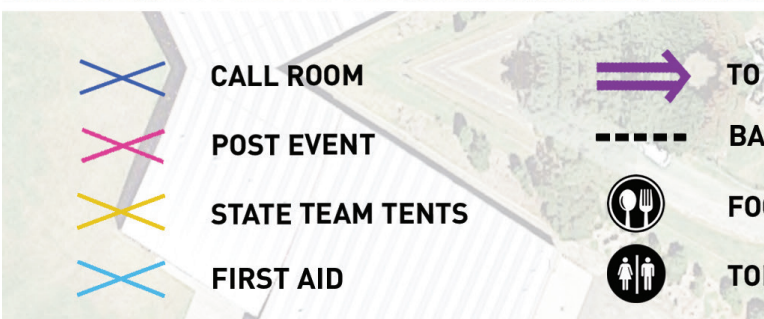
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Athletics
Australia.



ENTRY LISTS

AS AT 19 AUGUST

Boys 3000m CC 11 Years

Saturday 24/08/2019 - 9:00 AM

Comp#	Name	Team
6031	Callum Asling	WA
6034	Noah Bailey	WA
6032	Noah Braun	WA
7016	Louis Brew	TAS
7017	Masimba Chindewere	TAS
7018	Xavier Davie	TAS
3166	William Davies	VIC
4114	Ethan Duke	QLD
7019	Jack Eaves	TAS
5025	Harrison Ellis	SA
2125	Cory Everett	NSW
4111	Ryan Fenton	QLD
3164	Ben Forster	VIC
3162	Alec Franzke	VIC
3165	Luke Gorski	VIC
5024	Dylan Hall	SA
2648	Otis Hibberd	ACT
4110	Daniel Hill	QLD
2647	Ryan Huynh	ACT
5021	Jordan Leane	SA
3161	Bart Leeton	VIC
7020	Oscar Marsden	TAS
7021	Hugh McCallum	TAS
5022	Sam McClarron	SA
2120	Matthew McLachlan	NSW
6035	Jake Mills	WA
2122	Brandon Mitchell	NSW
4113	Lachie Moore	QLD
5023	Joey Ottoson-Crossling	SA
2124	Jack Richardson	NSW
2645	Sam Rizzuto	ACT
4112	Jed Rowlands	QLD
2123	Angus Royal	NSW
5026	Naite Slade	SA
2121	Kobe Stewart	NSW
3163	Merlin Tzaros	VIC
6033	James Van Jaarsveldt	WA
4115	Alex Waterworth	QLD
6036	Giles West	WA
2644	Joe Whithear	ACT
2646	Satya Yogeswaran	ACT

Girls 3000m CC 11 Years

Saturday 24/08/2019 - 9:15 AM

Comp#	Name	Team
4106	Stephanie Abbott	QLD
4108	Alexia Abela	QLD
6030	Freya Caine	WA
2116	Brooke Carson	NSW
6029	Anna Colgan	WA
7012	Aurora de Boer	TAS
5015	Elodie de Wit	SA
2650	Keira Donovan	ACT
6026	Cara Dziegielewski	WA
5016	Tessa Ebert	SA
7013	Ashley Fehlberg	TAS
6027	Tegan Flowerdew	WA
2118	Milly Gage	NSW
3159	Elizabeth Hall	VIC
3158	Freya Harris	VIC
6028	Isabella Heathcote	WA
2652	Alice Hinckman	ACT
2651	Hannah James	ACT
3160	Lucy Jones	VIC
3155	Madison King	VIC
2119	Emerson Leadbetter	NSW
4109	Maeve Mccowen	QLD
4104	Zoe Mcelwaine	QLD
4107	Siannah Mcgee	QLD
2117	Pin Pin Meenijacin	NSW
4105	Zara Moore	QLD
5017	Adelle Parkinson-Need	SA
2653	Ariella Paterson	ACT
2654	Jade Paterson	ACT
7010	Barnes Pirri	TAS
2649	Iris Rangiah	ACT
5019	Chloe Richardson	SA
6025	Madison Scholes	WA
2115	Piper Simpson	NSW
7014	Grace Sims	TAS
7011	Brewster Sophie	TAS
3156	Noa Souroop	VIC
7015	Charli Taylor	TAS
5020	Alyssa Valentine	SA
3157	Ella Vrhovac	VIC
2114	Isabella Wall	NSW
5018	Casey Wassermann	SA

Boys 2000m CC 10/12 Years Para

Saturday 24/08/2019 - 9:30 AM

Comp#	Name	Age	Team
2091	Hayden Coulton	10	NSW
4084	Hamish Finlay	10	QLD
2090	Jai Jones	10	NSW
4085	Heath Otto	10	QLD
2089	Hugo Russell	10	NSW
4101	Tomas Crump	11	QLD
2105	Oscar Melbourne	11	NSW
2107	Maximos	11	NSW
	Papacostantinou		
4102	Lachlan Philo	11	QLD
2106	Cooper Robb-Jackson	11	NSW
3149	Noah Schammer	11	VIC
4103	Hayden White	11	QLD
2111	Jye Hardy-Smith	12	NSW
3152	Kai Davenport	12	VIC
2112	Matthew Engesser	12	NSW
3153	Ethan Goktepe	12	VIC
2113	Jamie Holmes	12	NSW
3154	Lochlan Warren	12	VIC

Girls 2000m CC 10/12 Years Para

Saturday 24/08/2019 - 9:30 AM

Comp#	Name	Age	Team
2088	Angel Anderson	10	NSW
4081	Taylah Chapman	10	QLD
3135	Teagan James	10	VIC
2087	Anouk Laverty	10	NSW
3134	Isabel Lie-Olsen-Phillips	10	VIC
4082	Holly Warn	10	QLD
4083	Eloise Witt	10	QLD
3148	Kira Wright	10	VIC
4098	Sophie Bingham	11	QLD
2104	Abbie Peet	11	NSW
4099	Libby Venner	11	QLD
4100	Samantha Witter	11	QLD
2110	Charlize Colwell	12	NSW
3150	Tori English	12	VIC
5092	Mikaela McCarthy	12	SA
2108	Layla Sharp	12	NSW
3151	Julia Stahl	12	VIC
2109	Sybella Warton	12	NSW

Boys 2000m CC 10 Years

Saturday 24/08/2019 - 9:50 AM

Comp#	Name	Team
2099	Trent Alley	NSW
5013	William Andre	SA
3143	Jack Barnes	VIC
2631	Xavier Beesley	ACT
6020	Cooper Bennett	WA
5014	Anthony Brooksby	SA
3145	Angus Brown	VIC
5011	Aidan Bruce	SA
2102	Will Cheshire	NSW
2101	Eamon Corey	NSW
8001	Gilbert Cox	NT
8000	Walter Currie	NT
3146	Riley Downer	VIC
4096	Sam Ellice	QLD
4092	Oliver Gartner	QLD
4094	Noah Gellatly	QLD
2103	Harry Hall	NSW
7006	Euan Hamilton	TAS
7007	Lachlan Hayes	TAS
6023	Charlie Hick	WA
2634	Oliver Horn	ACT
2635	Robbie Jones	ACT
3144	Lachlan King	VIC
5012	Will Lawry	SA
6022	Angus McArthur	WA
4095	Lucas Mcpherson	QLD
4093	Bill Mcrae	QLD
2100	Joel Moresi	NSW
4097	Taj Murray	QLD
6021	Ashton Nichols	WA
6018	Ben O' Sullivan	WA
2632	Michael Onyike	ACT
2636	Felix Pentony	ACT
5009	Louis Pietsch	SA
7008	Lachlan Preece	TAS
5010	Jed Remphrey	SA
3147	Louis Salopek	VIC
6019	Zac Scrivens	WA
2633	Kieran Shepherd	ACT
7009	Jonte Tummon	TAS
2098	Alexander Wain	NSW
3142	Oscar Wright	VIC

ENTRY LISTS

AS AT 19 AUGUST

Girls 2000m CC 10 Years

Saturday 24/08/2019 - 10:00 AM

Comp#	Name	Team
7000	Inika Barnes	TAS
2642	Kaiya Barsby	ACT
2095	Katie Bowrey	NSW
5008	Madison Brown	SA
3136	Zoe Clarke	VIC
7001	Maya Davies	TAS
2641	Mackenzie Dugdale	ACT
7002	Alexandra Elliott	TAS
5006	Isla Fahey	SA
3140	Cassie Farley	VIC
3138	Renee Ford	VIC
5007	India Goodall	SA
2093	Azaliah Grant	NSW
3141	Mia Gray	VIC
2094	Mia Guillergan	NSW
5003	Caitin Hardin	SA
4088	Tayah Hazell	QLD
4086	Saffron Jenkinson	QLD
4089	Ava Knox	QLD
7003	Matilda Lange	TAS
6017	Summer Lewis	WA
6013	Aoife Malone	WA
2097	Tori Mason	NSW
2638	Edith McKerracher	ACT
2639	Maya McRae	ACT
4087	Isabelle Mortensen	QLD
2096	Poppy O'Brien	NSW
5004	Anna Orton	SA
7004	Violet Owen	TAS
6012	Sasha Pallis	WA
3137	Grace Phillip	VIC
6015	Kate Philpott	WA
5005	Emma Potter	SA
6016	Acacia Redman	WA
4090	Gemma Richards	QLD
3139	Anika Selavaratnam	VIC
2092	Keira Toohey	NSW
7005	Zahli Wescombe	TAS
6014	Nicola Wolmarans	WA
4091	Sophie Wright	QLD
2640	Grace York	ACT
2637	Bonnie Young	ACT

Boys 3000m CC 12 Years

Saturday 24/08/2019 - 10:10 AM

Comp#	Name	Team
3178	Fabiano Aguiard	VIC
3176	Sam Allen	VIC
4124	Kaiyan Blue	QLD
2659	Jack Blundell	ACT
6045	Taj Butter	WA
4122	William Curran	QLD
4123	Edward Curran	QLD
2658	Owen Doherty	ACT
2655	Jacob Eaton	ACT
3173	Cameron Ellis	VIC
8003	Osbourne Flynn	NT
2133	Harry Hallee	NSW
6048	Jonah Hanikeri	WA
2137	Will Haydon	NSW
3175	Ben Hayes	VIC
2660	Samuel Hillier	ACT
4126	Kody Hockey	QLD
5033	Lincoln Hosking	SA
5036	Lachlan Huddy	SA
6044	Noah Humberstone	WA
3177	Will Katic	VIC
6043	Oliver Knuckey	WA
5037	Campbell Lawry	SA
3174	Kalan Luong	VIC
7028	James Lyden	TAS
7029	Vinnie Manion	TAS
6046	Byron Martin	WA
5038	James McManus	SA
4125	Fletcher Medway	QLD
2134	Bitly Mulvihill	NSW
2136	Joshua O'Connell	NSW
7030	Luke Palmer	TAS
7031	Noah Proposch	TAS
4127	Jacob Sands	QLD
5034	Harry Silvestri Silvestri	SA
2657	Josh Slingsby	ACT
6047	Jonathan Swift	WA
5035	Zachary Tucker	SA
2656	William Tweedie	ACT
7032	Jobie Wescombe	TAS
2132	Oliver White	NSW
7033	Oliver White	TAS
2135	Daniel Williams	NSW

Girls 3000m CC 12 Years

Saturday 24/08/2019 - 10:25 AM

Comp#	Name	Team
3171	Soha Abdelrahim	VIC
3170	Imogen Baker	VIC
2131	Lilli Berry	NSW
6040	Christi Bestry	WA
3172	Alicia Buckland	VIC
6041	Nicole Chamberlain	WA
5031	Emily Conti	SA
2128	Fleur Cooper	NSW
2130	Phoebe Doran	NSW
6042	Amelie Erskine	WA
5027	Ava Field	SA
4116	Jessica Fletcher	QLD
5032	Aahliyah Fox	SA
4121	Chelsea Gladwin	QLD
6037	Danielle Graham	WA
6039	Sienna Hathrill	WA
4119	Moncia Heeremans	QLD
7022	Emma Henkel	TAS
4118	Denielle Hills	QLD
8002	Lily Hollister	NT
2662	Zoe Honeybrook	ACT
2666	Imogen Horn	ACT
5030	Annabelle Kelly	SA
5029	Asha Lawson	SA
2127	Angie Le Roux	NSW
4120	Matilda Lee	QLD
7023	Jemima Lennon	TAS
7024	Sophie Marshall	TAS
2129	Claudia Meaker	NSW
2661	Amelia Norton	ACT
2664	Ella Norton	ACT
6038	Kyra Pilmer	WA
6024	Reece Prior	WA
3167	Baia Pugh	VIC
7025	Averyl Quinn	TAS
7026	Ariana Reeve	TAS
2663	Thea Reinhart	ACT
3169	Darcey Roberts	VIC
2126	Sienna Scahill	NSW
5028	Ashleigh Slobedman	SA
7027	Jessica Smith	TAS
4117	Polly Sowery	QLD
3168	Rachel White	VIC
2665	Jemma Wilson	ACT

Boys 13-19 Years Para & Open Men Para 3000m CC

Saturday 24/08/2019 - 10:40 AM

Comp#	Name	Age	Team
4154	Jaycob Aubrey-White	13	QLD
2163	Finlay Bragg	13	NSW
4156	Wesley Macey	13	QLD
4155	Isaac Pascal	13	QLD
2164	Jeremy Ussher	13	NSW
5093	Angas Hincksman	14	SA
3102	Alex Nason	VIC	
5094	Taj Saatze	14	SA
4142	Matthew Taylor	14	QLD
2156	Aaron Houston	15	NSW
4144	Sean Kendrick	15	QLD
2157	Marcus Nolan	15	NSW
4047	Matthew Scott	15	QLD
2155	Luke Small	15	NSW
4147	Blake Anderson	16	QLD
3017	Adam Bruckboeg	16	VIC
4148	Damien Weigh	16	QLD
4143	Aidan Witt	16	QLD
2162	Timothy Blowes	17	NSW
4021	Damien Brown	17	QLD
4149	Jeremiah Hay	17	QLD
3018	Cameron Marshall	17	VIC
2160	Edward Parker	17	NSW
4150	Jackson Pope	17	QLD
2083	Samuel Torley	17	NSW
2069	Jerome Etteridge	18	NSW
4007	Zachary Francis	18	QLD
2161	Joel Perrin	18	NSW
4151	Izak Shepherd	18	QLD
4152	Blair Taylor	18	QLD
4153	Kyle Willis	18	QLD
3186	Oliver Rrosser-Roberts	19	VIC
3185	Mezger Harry	20	VIC
2077	Kyle McIntosh	25	NSW
2622	Timothy D'Abrera	28	ACT

Girls 3000m CC 13 Years (U14 AA)

Saturday 24/08/2019 - 11:05 AM

Comp#	Name	Team
3118	Soha Abdelrahim	VIC
4131	Aspen Anderson	QLD
2139	Sarah Baker	NSW
2063	Keira Bauer	NSW

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Girls 3000m CC 13 Years (U14 AA) Continued

Saturday 24/08/2019 - 11:05 AM

Comp#	Name	Team
5039	Sarah Beames	SA
6009	Isabella Bidesi	WA
2138	Ivy Boothroyd	NSW
5040	Alice Braithwaite	SA
5041	Daisy Braithwaite	SA
4076	Annabel Bright	QLD
6054	Ciara Buckingham	WA
3119	Lottie Calhaem	VIC
2066	Morgan Charlton	NSW
7034	Cate Clingeffer	TAS
3120	Romanee Derbogosijan	VIC
3121	Amelia Dethridge	VIC
2068	Hailey D'Ombra	NSW
6053	Luca Du Toit	WA
2673	Holly Dudziak	ACT
2671	Madison Duncan	ACT
2668	Maddison Farrah	ACT
3122	Bella Fary	VIC
7036	Avalon Forbes	TAS
2144	Lucie Francis	NSW
7038	Lavinia Freeland	TAS
6010	Samaia Friesen	WA
7039	Abby Geappen	TAS
4130	Georgie Gilroy	QLD
6049	Nadia Godley	WA
2070	Olivia Greenhalgh	NSW
2143	Amber Halliday	NSW
2623	Abbie Hamilton	ACT
4066	Tess Hannigan	QLD
5042	Sasha Hardin	SA
2142	Gracie Henry	NSW
3123	Abbey Hickey	VIC
7037	Isabelle Hoggett	TAS
4072	Gemma Hooper	QLD
4079	Sophie Hunt	QLD
7035	Mikayla Ireland	TAS
2141	Hannah Jarvis	NSW
5043	Mikaela Jones	SA
3124	Antje Kempff	VIC
6051	Hannah Kennedy	WA
2072	Sienna Kinder	NSW
2630	Ebony King	ACT
2073	Ingrid Kingsmill	NSW
4074	Ella Knox	QLD

6050	Imogen Lees	WA
3125	Claire Mahony	VIC
2667	Freya Main	ACT
4065	Lainey Mathishe	QLD
4069	Emma McDonald	QLD
4062	Ava McElroy	QLD
4132	Joanna McRae	QLD
4068	Erica Moore	QLD
2079	Ella MURNANE	NSW
5044	Katie Natt	SA
2080	Tessa Newitt	NSW
3126	Alea Ord	VIC
2140	Ella Penman	NSW
2625	Xanthe Pick	ACT
4077	Hannah Pollock	QLD
5045	Orla Prior	SA
2626	Hannah Quispes	ACT
3127	Cleo Richardson	VIC
3128	Natasha Rourke	VIC
6052	Remy Rowse	WA
4129	Gabrielle Schmidt	QLD
2627	Emily Scott	ACT
2675	Allegra Senti	ACT
3129	Orla Shackcloth	VIC
2674	Elise Simpson	ACT
2628	Amber Smith	ACT
2082	Rebecca Solomon	NSW
5046	Bethany Sternagel	SA
3130	Daisy Sudholz	VIC
3131	Declyn Tanner	VIC
8004	Mikayla Thompson	NT
6011	Tahlia Tuckey	WA
2085	Sienna Villacorta	NSW
2669	Sarah Walker	ACT
2670	Emily Watson	ACT
2672	Katie White	ACT
3132	Rachel White	VIC
4128	Ella Wilson	QLD
3133	Caitlin Woods	VIC
4133	Mia Wooldridge	QLD

Boys 3000m CC 13 Years (U14 AA)

Saturday 24/08/2019 - 11:20 AM

Comp#	Name	Team
2681	Rhys Allan	ACT
3103	Harvey Anderson	VIC
6007	Dante Armstrong	WA

6057	Aiden Arthy	WA
4070	Archie Austin	QLD
4078	rhett baker	QLD
4138	Joshua Beal	QLD
2064	Joshua Benefiel	NSW
4134	Issac Bennett	QLD
3104	Jack Bowen	VIC
2065	Casey Brown	NSW
3105	Archie Caldwell	VIC
2676	Andrew Camp-Liddiard	ACT
2150	Miles Carson	NSW
6056	James Chansbury	WA
4071	Toby Chippendale	QLD
5047	Noah Chlanda	SA
2067	Alex Christian	NSW
6008	Thomas Cross	WA
2621	Ryan Cuzner	ACT
3106	Dilan Egodawatte	VIC
7042	Lachlan Fox	TAS
7041	Jacob Gardner	TAS
3107	Edward Gibson	VIC
2145	Luca Gillard	NSW
3108	Jones Gorton	VIC
3109	Zac Grainger	VIC
5048	Thomas Grosser	SA
4136	Angus Haggerty	QLD
5049	Jake Hall	SA
2071	Taj Hanna	NSW
4067	Will Heath	QLD
3110	Archie Hewett	VIC
5050	Thomas Kavanagh	SA
2074	Zac Krayem	NSW
2147	Ty Adrian Leadbeatter	NSW
4073	Oliver Lloyd	QLD
2075	Jesiah Low	NSW
2076	Jacob Magner	NSW
4060	Seth Mahony	QLD
2148	Archie Martin	NSW
3111	William McClintock	VIC
4063	Sebastian McCormack	QLD
5051	Henry McKinnon	SA
7043	Felix Meyer	TAS
2146	Dane John Mitchell	NSW
4139	Charlie Moore	QLD
2078	Alec Morrisby	NSW
2624	Cameron Myers	ACT
3112	Tristan Nijhof	VIC
7044	Aiden O'Connor	TAS

4075	Asher Parkin	QLD
2682	Clancy Probyn	ACT
2680	Owen Radajewski	ACT
4137	Charlie Randall	QLD
3113	Patrick Retschko	VIC
3114	Hugo Richey	VIC
4061	Tyler Saal	QLD
2151	Jasper Scamps-Magro	NSW
3115	Jed Sevenhuysen	VIC
7045	Lachlan Sheen	TAS
2678	Jacob Shepherd	ACT
7040	Oliver Sims	TAS
4064	Christian Smith	QLD
6058	Declan Somers	WA
3184	Tom Gearge Speed	VIC
6055	Bailey Taig	WA
2679	Austin Taylor	ACT
4135	Lucas Taylor	QLD
3116	Hamish Terris	VIC
3117	Logan Tickell	VIC
2084	Noah Towill	NSW
6059	Jake Townsend-Hyde	WA
2629	Owen Toyne	ACT
5052	Bailey White	SA
2149	Sean Williams	NSW
2086	Julian Wylie	NSW

Girls 13-19 Years Para & Open Women Para 3000m CC

Saturday 24/08/2019 - 10:35 AM

Comp#	Name	Age	Team
2152	Indiana Cooper	14	NSW
2154	Akala Miller	14	NSW
4140	Faith Walton-Bate	14	QLD
7046	Emily Aichberger	15	TAS
3100	Clara Campillos	15	VIC
3101	Annabelle Colman	15	VIC
4141	Kyrna Crump	15	QLD
2153	Monica Moore	15	NSW
4037	Allysa Bligh	16	QLD
4145	Celeste Pratt	16	QLD
2159	Courtney Webeck	16	NSW
2158	Summer Giddings	17	NSW
3019	Gina Richards	17	VIC
4146	Vanessa Wilson	17	QLD
2081	Belinda Scott	18	NSW
3187	Georgina Powning	20	VIC
3188	Chloe Turner	26	VIC

ENTRY LISTS

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Boys 6000m CC 16/17 Years (U18 AA)

Saturday 24/08/2019 - 12:00 PM

Comp#	Name	Team
1019	Zane Powell	NZ
4203	Davies Alex	QLD
4201	Dennis Allen	QLD
1017	William Anthony	NZ
3036	Jack Armstrong	VIC
1013	Liam Back	NZ
2205	Angus Beer	NSW
4207	Chambers Ben	QLD
4036	Matthew Bennett	QLD
2709	Ryan Boulton	ACT
3037	Tom Bowers	VIC
2198	Ethan Brouw	NSW
2199	Zac Brown	NSW
2016	Lachlan Bryant	NSW
3038	Douglas Buckeridge	VIC
3039	Sam Bunnage	VIC
7065	Dylan Burnett	TAS
4038	Zachery Cacciola	QLD
2197	Patrick Cantlon	NSW
4210	Sprott Charlie	QLD
7062	Sam Clifford	TAS
5074	Zac Connell	SA
5075	Joe Cross	SA
3040	Angus Dalton	VIC
3181	D'Alberto Daniel	VIC
7064	Alex Davies	TAS
2605	Jacob Davill	ACT
3041	Dharam Deol	VIC
3182	Deol Dharam	VIC
3042	Luca Di Conza	VIC
3043	Ayden Dignan	VIC
3044	Nikolaj Djordjevic	VIC
6091	Liam Doherty	WA
4080	Diesel Donnelley	QLD
5081	Thomas Dowd	SA
2706	Daniel Dreher	ACT
3045	Sam Dunnett	VIC
4204	Baker Eli	QLD
6087	Tom Ferreira	WA
4209	Boorer Flynn	QLD
6002	Brandon Ford	WA
4020	Clea Ford	QLD
5076	Adam Goddard	SA
5086	Matthew Gomersall	SA
2206	Kieran Gorman	NSW

2188	Kai Hammond	NSW
2606	Shaun Harris	ACT
4205	Chapman Harry	QLD
2208	James Healey	NSW
1011	Andres' Hernandez Martinez	NZ
4027	Rohan Hickey	QLD
2021	Luke Hince	NSW
6089	Sam Holroyd	WA
2022	Daniel Hungerford	NSW
2713	Hamish Hunter	ACT
5087	Jack Ianniello	SA
4198	Partridge Jack	QLD
6085	Jaco Jansen van Rensburg	WA
4200	Stevens Joel	QLD
4195	Thomas Jude	QLD
2200	Logan Kaye	NSW
2023	Daniel Kelly	NSW
6090	Kane Kennedy	WA
5077	Riley Konecny	SA
4196	Robinson Ky	QLD
1012	George Lambert	NZ
3046	Thomas Langdon	VIC
7063	Jamie Laurence	TAS
1010	Andre Le Pine-Day	NZ
5078	Matthew Leighton	SA
3179	Bellgrove Lincoln	VIC
4019	Shaun Litte	QLD
1015	Reid Livingston	NZ
2025	Hamish Longworth	NSW
2026	Bevan Lord	NSW
3047	Joshua Macken	VIC
2027	Finn Macmillan	NSW
4025	Brady McIntyre	QLD
3048	Ethan McMinimee	VIC
4199	Hall Michael	QLD
2028	Samuel Mood	NSW
6092	Francis Moschilla	WA
4202	Powell Nathan	QLD
3183	Djordjevic Nikolaj	VIC
5079	Aaron Nitschke	SA
4035	Riley Niven	QLD
2029	Liam O'Brien	NSW
2195	Dylan Offord	NSW
2712	Rohan O'Grady	ACT
2187	James Olson-Keating	NSW
4034	Ned Paddison	QLD
2608	Tom Palfrey	ACT
4197	Thygesen Patrick	QLD

4028	David Pearce	QLD
8006	Harry Priest	NT
2714	Roy Prosser	ACT
6086	Cameron Quirk	WA
5080	Willard Ravenscroft	SA
3049	Aidan Roberts	VIC
5088	Matthew Robinson	SA
2203	Sam Rockliff	NSW
2708	Max Rosin	ACT
1014	McCullum Rowe	NZ
4206	Paino Sam	QLD
3180	Bunnage Sam	VIC
1016	Tobias Saxby	NZ
2031	Harm Schaap	NSW
3050	Harry Sharp	VIC
5089	Angus Shute	SA
5090	Angus Small	SA
2711	Samuel Soar	ACT
3051	Jean-Philippe Soulie	VIC
7066	Ethan Stretton	TAS
1018	William Taylor	NZ
2707	Angus Thompson	ACT
2611	Jacob Todd	ACT
2207	Lachlan Townsend	NSW
2710	Matthew Tyo	ACT
2196	Thomas Virgona	NSW
2204	Mitchell Westhuizen	NSW
5082	Harry Whitford	SA
4208	Chapman Will	QLD
6088	Ethan Wyatt-Smith	WA
5091	Hejun Zhuang (David)	SA

Girls 4000m CC 16/17 Years (U18 AA)

Saturday 24/08/2019 - 12:25 PM

Comp#	Name	Team
4032	Tekara Aimer	QLD
4192	Keeleigh Anderson	QLD
1005	Jemima Antoniazzi	NZ
1009	Rebecca Baker	NZ
6003	Porscha Barnes	WA
2613	Chloe Bateup	ACT
4029	Tayla Behr	QLD
5069	Nalia Boud	SA
2698	Hannah Cadden	ACT
1008	Natalya Carter	NZ
2191	Hannah Cerezo	NSW
2704	Talia Chambers	ACT

7061	Georgia Chambers	TAS
6079	Tia Chitty	WA
2201	Zoe Clarke	NSW
2182	Charlotte Collins	NSW
4182	Jazmine Coventry	QLD
4022	Mackenzie Cullinane	QLD
3052	Ebony Dodemaide	VIC
4023	Bella Donaldson	QLD
5070	Ella Donnelly	SA
5071	Caitlin Dyer	SA
3053	Skye Ellis	VIC
4183	Chloe Fenwicke	QLD
1007	Maia Flint	NZ
2192	Rosie Fordham	NSW
7059	Meghan Gaffney	TAS
3054	Rhemmy Gibbs	VIC
7060	Erin Giles	TAS
2186	Maeve Goehner	NSW
4026	Isabella Gordon	QLD
6083	Jessica Hales	WA
2040	Jaylah Hancock-Cameron	NSW
2194	Amelia Hansen	NSW
4189	Isabella Harris	QLD
7058	Abby Henderson	TAS
2189	Nicola Hogg	NSW
2705	Eva Honeybrook	ACT
4190	Leahrose Hooper	QLD
6081	India Hooton	WA
3055	Charlotte Hoskins	VIC
4030	Emma Hossack	QLD
2193	Annabel Hutcheson	NSW
6084	Ellie Jones	WA
5072	Lara Kittel	SA
2042	Kaitlyn Klein	NSW
2181	Elena Koudasheva	NSW
1006	Maali Kyle-Ford	NZ
4187	Katherine Lawson	QLD
3056	Mia Lepair	VIC
3057	Lucy Leutchford	VIC
2043	Paige Levingston	NSW
2185	Renee Lewis	NSW
3058	Saskia Lloyd	VIC
4184	Tyla Lumley	QLD
2046	Emma Mahon	NSW
3060	Simone Maillardet	VIC
4185	Zoe Manning	QLD
4181	Molly Matthews	QLD
3059	Molly McCarthy	VIC

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Girls 4000m CC 16/17 Years (U18 AA)

Continued

Saturday 24/08/2019 - 12:25 PM

Comp#	Name	Team
4191	Amelia McDonald	QLD
4031	Laura McKillop	QLD
2048	Ruby McPhillips	NSW
2701	Zoe Melhuish	ACT
2202	Eleanor Miller	NSW
6080	Vanessa Miller	WA
2190	Elyana Moonen	NSW
4178	Nikita Moore	QLD
2702	Caitlin Murphy	ACT
4033	Bronte Naylor	QLD
3061	Alice Oakley Kerr	VIC
4188	Camille O'Donnoughue	QLD
6082	Isabella O'Hara	WA
4018	Mackenzey Ormiston	QLD
2619	Sienna Pitt	ACT
1002	Hannah Prosser	NZ
3062	Bianca Puglisi	VIC
2052	Georgie Purcell	NSW
2697	Jordyne Rauter	ACT
1004	Isabella Richardson	NZ
3063	Mia Roux	VIC
2700	Layla Rowntree	ACT
2054	Niamh Sanday	NSW
3064	Bianca Scerri	VIC
4194	Lucy Schooth	QLD
2703	Annabel Scott	ACT
4024	Evangeline Scott	QLD
2184	Indie Seccombe	NSW
5073	Caitlin Slobedman	SA
2699	Claire Solomon	ACT
4179	Tara Sosinski	QLD
3065	Sophia Tedesco	VIC
2057	Lily Tomlinson	NSW
3066	Ashlee Treagus	VIC
2183	Lauren Ward	NSW
3067	Genevieve Watson	VIC
1003	Arabella White	NZ
4180	Joanna Wilson	QLD
4193	Emily Witt	QLD
2221	Tiahna Woodger	NSW
4186	Ella Wooldridge	QLD
2062	Lauren Young	NSW

Men 10,000m CC Open

Saturday 24/08/2019 - 12:45 PM

Comp#	Name	Team
11	Will Atkinson	NSW
81	Andrew Buchanan	VIC
16	Joe Burgess	NSW
17	Sam Byrne	NSW
41	Michael Cacciola	QLD
60	Daniel Canala	SA
76	Liam Cashin	VIC
100	Denyan Claxton	TAS
61	Jacob Cocks	SA
62	Riley Cocks	SA
78	Jack Davies	VIC
20	Charlie Doherty	NSW
74	Callum Drake	VIC
77	Tom Fawthorpe	VIC
21	Kurt Fryer	NSW
63	Matthew Gluyas	SA
22	Edward (Ed) Goddard	NSW
23	Myles Gough	NSW
1	Sean Hancock	ACT
64	Jack Hunter	SA
24	Benjamin Jagger	NSW
25	Joshua Johnson	NSW
75	Ben Kelly	VIC
30	Jesse Maxwell	NSW
43	Louis McAfee	QLD
65	William McCann	SA
80	David McNeill	VIC
31	Brad Milosevic	NSW
32	Richard Newell	NSW
34	Leo Peterson	NSW
59	Adrian Potter	SA
66	Michael Roeger	SA
35	Joseph Ryan	NSW
3	Philo Saunders	ACT
67	Lachlan Scott	SA
36	Arron Spiessberger-Parker	NSW
68	Max Stevens	SA
37	Kieren Tall	NSW
79	Thomas Thorpe	VIC
101	Ewen Troughton	TAS
48	Tim Vincent	QLD
82	Andre Waring	VIC

Women 10,000m CC Open

Saturday 24/08/2019 - 1:30 PM

Comp#	Name	Team
56	Caitlin Adams	SA
12	Emily Augustine	NSW
13	Amy Bennett	NSW
14	Jenny Blundell	NSW
15	Emily Brichacek	NSW
18	Beth Croft	NSW
19	Rose Davies	NSW
45	Lily Dolton	QLD
49	Cara Feain-Ryan	QLD
85	Kiah Fry	VIC
88	Katie Gamble	VIC
83	Emilie Guy	VIC
42	Audrey Hall	QLD
26	Carolena Kostas	NSW
27	Rebecca Lowe	NSW
84	Gemma Maini	VIC
28	Belinda Martin	NSW
57	Louise Marvin	SA
29	Sarah Marvin	NSW
33	Matilda Offord	NSW
46	Amy Parker	QLD
87	Alexandra Paterson	VIC
44	Samantha Phillips	QLD
2	Leanne Pompeani	ACT
86	Courtney Powell	VIC
90	Tamara Quinn	VIC
89	VIC Skaltsonis	VIC
4	Louise Sharp	ACT
47	Katinka Von Elsner-Wellstead	QLD
50	Kate Watson	QLD
96	Bernadette Williams	WA

Boys 4000m CC 14/15 Years (U16 AA)

Saturday 24/08/2019 - 2:15 PM

Comp#	Name	Team
3068	Jordan Abbott	VIC
6075	Dylan Bailey	WA
6077	Caden Barnett	WA
6071	David Batt	WA
2691	Thomas Beesley	ACT
7057	Aiden Bloom	TAS
4042	Ollie Boltz	QLD
7053	Isaac Bonsey	TAS
3069	Harry Bowen	VIC

5061	Henry Braithwaite	SA
4173	Jackson Cacciola	QLD
6073	Oliver Camins	WA
2177	Theo Christian	NSW
7055	Joseph Conway	TAS
2692	Tom Cook	ACT
4170	Lachlan Cornelius	QLD
4177	Oscar Cornelius	QLD
4171	Peyton Craig	QLD
5062	Sam Creighton	SA
4039	Jack Crome	QLD
4176	Samuel de Waard	QLD
7056	Jai Eccles	TAS
7054	Christopher Eyre	TAS
4058	Jonas Forbes-Schutz	QLD
3070	Joshua Francou	VIC
2037	Oliver Freeman	NSW
4051	Braden Gibb	QLD
5063	Archie Goodson	SA
3071	Ethan Grills	VIC
3072	Jhye Hadfield	VIC
4168	Matthew Hansen	QLD
5064	Jonathon Harris	SA
2174	Hamish Hart	NSW
6072	Tane Hasler	WA
4040	Samuel Heeremans	QLD
2041	Joshua Hewitt	NSW
3073	Rubin Howard	VIC
7051	Alexander Kwa	TAS
4043	Benjamin Lambert	QLD
3074	Mitchel Langborne	VIC
2173	Andrew Laycock	NSW
3075	Fred Leeton	VIC
2616	James Lemon	ACT
2044	Samuel Liddell	NSW
3076	Riley Lovick	VIC
2045	Simon Magner	NSW
2696	John Maguire	ACT
3077	Kane Marriott	VIC
6076	William McAullay	WA
2049	Jonathan Meaker	NSW
4174	Jackson Medway	QLD
4175	Brayden Mercer	QLD
6074	Thomas Millard	WA
6078	Hayden Mills	WA
3078	Bailley Morrell	VIC
5065	Cael Mulholland	SA
2695	Isaac Muscat	ACT

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Boys 4000m CC 14/15 Years (U16 AA)

Continued

Saturday 24/08/2019 - 2:15 PM

Comp#	Name	Team
6070	Joshua Neervoort	WA
3079	Archie Noakes	VIC
2051	Joel Offord	NSW
4053	Samuel Pickett	QLD
4048	Thomas Prole	QLD
4169	Flynn Pumpa	QLD
2693	Xavier Quispes	ACT
2053	Caleb Reungkitchaya	NSW
4172	Archie Ridgway	QLD
4056	Mitchell Rieck	QLD
5066	Torben Roberts	SA
3080	Charlie Rogers	VIC
3081	Isaac Rossato	VIC
2178	Ciaran Rushton	NSW
3082	Finn Russell	VIC
4059	Joseph Saunders	QLD
2055	Isaac Shaw	NSW
2175	Kane Shields	NSW
2694	Isaac Sloan	ACT
2176	Lachlan Stanfield	NSW
2179	Nathan Stanmore	NSW
6004	Ben Stoner	WA
2056	Benjamin Thomas	NSW
2620	Hayden Todd	ACT
5067	Alex Twartz	SA
2180	Jack Waide	NSW
2059	Tayne Ward	NSW
3083	James Wilcox	VIC
7052	Tom Winkel	TAS
5068	Mitchell Wyatt	SA

Girls 4000m CC 14/15 Years (U16 AA)

Saturday 24/08/2019 - 2:35 PM

Comp#	Name	Team
4161	Kaya Agnew	QLD
2033	Lucy Alexander	NSW
2034	Charlie Arnott	NSW
6005	Savanna Asling	WA
7049	Emily Best	TAS
4054	Emma Bible	QLD
2614	Jaime Brennan	ACT
4049	Elizabeth Bryant	QLD
7047	Abbie Butler	TAS

5053	Isabella Cant	SA
2035	Eloise Carey	NSW
6062	Charli-Rose Carlyon	WA
4052	Tiah Cash	QLD
2686	Alexandra Chambers	ACT
3084	Jaimee-Lee Code	VIC
3085	sophie coltish	VIC
7050	Sophie Connolly	TAS
5054	Molly Cook	SA
4057	Olivia Cooke	QLD
3086	Siorcha Creaton	VIC
3087	Bianca Croucher	VIC
4166	Lara Cullen	QLD
5055	Tia Dahiltz	SA
7048	Isabella Davie	TAS
2688	Sophia de Castella	ACT
3088	Emma de Jong	VIC
5056	Phoebe Dickeson	SA
3089	Megan Dickson	VIC
4164	Sayla Donnelley	QLD
2036	Sophie Ferenczi	NSW
2169	Alexandra Field	NSW
3090	Kiara Flavel	VIC
2038	Mia Fry	NSW
2039	Jessica Gocher	NSW
5057	Noa Goddard	SA
2689	Madison Gordon	ACT
6006	Nyah Gray	WA
2687	Sophie Green	ACT
6066	Alexandra Griffin	WA
6060	Sienna Hanikeri	WA
4157	Isabella Harte	QLD
2684	Abby Higgins	ACT
4165	Lucy Hill	QLD
3091	Bridie Hill	VIC
2685	Lucy Hincksman	ACT
3092	Claudia Hollingsworth	VIC
4163	Millie Hunt	QLD
3093	Debbie Husodo	VIC
6063	Hayley Jones	WA
2166	Alexandra Kalamvokis	NSW
6064	Jana Kriek	WA
4044	Ella Lane	QLD
3094	Madeline Laven	VIC
2615	Josie Lemm	ACT
2690	Molly Lilley	ACT
6061	Maddy Luscombe	WA
4050	Hailey Lynch	QLD

2170	Ruby Madden	NSW
6069	Tia McArthur	WA
4162	Bridget McCormack	QLD
2047	Niamh McMahon	NSW
5058	Jessica McManus	SA
3095	Georgina Mees	VIC
4167	Keira Moore	QLD
4041	Bridget Morrissey	QLD
2167	Mercy Nathanael	NSW
2050	Stella Norris	NSW
2617	Sarah Nutt	ACT
4055	Paige O'Connor	QLD
2168	Emma Olson-Keating	NSW
2172	Olissa Onley	NSW
4158	Amy Partridge	QLD
6068	Ruby Paterson	WA
6067	Saysha Pillay	WA
2618	Maia Pitt	ACT
4160	Chloe Randall	QLD
3096	Lucinda Rourke	VIC
5059	Leticia Scholz	SA
4159	Molly Sewell	QLD
6065	Genevieve Stanley	WA
5060	Amelia Stevens	SA
2165	Imogen Stewart	NSW
3097	Mia Strudley	VIC
3098	Niamh Tabit	VIC
2683	Lucinda Thompson	ACT
2171	Mia Toohey	NSW
2058	Stephanie Torley	NSW
8005	Nicolas Tremblay	NT
4045	Emma-Kate Watt	QLD
3099	Madeleine Wilson	VIC
2060	Lily Winward	NSW
4046	Lizzie Younger	QLD

Boys 8000m CC 18/19 Years (U20 AA)

Saturday 24/08/2019 - 2:55PM

Comp#	Name	Team
6098	Ben Allen	WA
2220	Finn Askew	NSW
2000	Jordan Awad	NSW
2001	David Baker	NSW
5084	Ethan Bald	SA
2715	James Bartholomaeus	ACT
3000	Jacob Bell	VIC
4002	Harrison Biggs	QLD
2002	Benjamin Bishop	NSW

2600	Callum Burns	ACT
2003	Benjamin Burrridge	NSW
2004	Thomas Burrridge	NSW
3001	Joshua Collins	VIC
3002	William Collins	VIC
2005	Jacob Crews	NSW
2217	Thomas Davies	NSW
3003	Tristan Day	VIC
5000	Bailey Dyer	SA
2601	Angus Elder	ACT
7068	Robert Elkerton	TAS
4001	Manning Elms	QLD
6001	Finnian Emmett	WA
3004	Lachlan Enno	VIC
3005	Nicholas Fidler	VIC
2006	Drew Fryer	NSW
2007	William Gair	NSW
2717	Ethan Garbutt	ACT
4005	Chekole Getenet	QLD
4214	Toby Gillen	QLD
5085	Sean Green	SA
3006	Kieran Hesse	VIC
5001	Isaac Heyne	SA
2218	Eric Holmstrom	NSW
2602	Flynn Hopkins	ACT
2716	Alex Hughes	ACT
3007	Jack Itter	VIC
2008	Zachary Johnson	NSW
2009	Charlie Kaparakis	NSW
1000	Max Karamanolis	NZ
1000	Max Karamanolis	NZ
6097	Josh Keatch	WA
6095	Jaycob Kell	WA
2010	Otto Khoo	NSW
1025	Liam Lamb	NZ
2011	Callam Lang	NSW
3008	James Laven	VIC
4216	Jayden Lyttle	QLD
2012	Jakob Madden	NSW
2013	Max Mahon	NSW
3009	Edward Marks	VIC
7069	Oliver Marshall	TAS
2219	Zac Martin	NSW
3010	Joshua McLeod	VIC
2014	Finlay McPhillips	NSW
3011	Tynan Mims	VIC
4006	Will Morris	QLD
1001	Liam Thomas Mullin	NZ

ENTRY LISTS

AS AT 19 AUGUST

Boys 8000m CC 18/19 Years (U20 AA)

Continued

Saturday 24/08/2019 - 2:55PM

Comp#	Name	Team
1001	Liam Thomas Mullin	NZ
3012	Harry Norman	VIC
3013	Kang Nyook	VIC
2603	Aaron Passioura	ACT
4016	Harry Pennington	QLD
1024	Fletcher Pickworth	NZ
2604	Aidan Pitt	ACT
2216	Oli Raimond	NSW
7070	Abbas Rajab Ali	TAS
6000	Jason Ramsden	WA
4009	Matthew Rankin	QLD
3014	Archie Reid	VIC
4000	Jason Roux	QLD
4015	Jack Salcedo	QLD
6096	Kye Scott	WA
3015	Thomas Sellwood	VIC
3016	Adam Spencer	VIC
4011	Alexander Stitt	QLD
4014	Ben Tacey	QLD
4215	Teketel Tyson	QLD
2718	Oliver Vidaic	ACT
2719	Mitchell Webb	ACT
4003	Sam Winchester	QLD
2215	Luke Young	NSW

Girls 6000m CC 18/19 Years (U20 AA)

Saturday 24/08/2019 - 3:30 PM

Comp#	Name	Team
2211	Beth Arentz	NSW
3020	Amy Atkinson	VIC
6094	Jemma Barnes	WA
3021	Alyssa Bearzi	VIC
2015	Kaitlin Bell	NSW
1022	Liliana Braun	NZ
3022	Tegan Burns	VIC
3023	Abbey Caldwell	VIC
5083	Emma Crossing	SA
3024	Heidi Demeo	VIC
2017	Annika Durante	NSW
4211	Sian Fennell	QLD
1020	Aimee Ferguson	NZ
2018	shauna flynn	NSW
4017	Matilda Fraser	QLD

2214	Sophie Gocher	NSW
2019	Imogen Gribble	NSW
3025	Holly Hart	VIC
2020	Ella Heeney	NSW
4008	Jamie Hiscock	QLD
3026	Olivia Hobbs	VIC
3027	Emma Hogan	VIC
4004	Georgia Humphreys	QLD
2024	Astrid Kingsmill	NSW
1023	Sarah Lambert	NZ
6093	Charlotte Le Page	WA
3028	Eliza Lepair	VIC
2607	Capella Maguire	ACT
3029	Juliet McBurney	VIC
2210	Lily McElligott	NSW
5002	Brooke McGregor	SA
3030	Sophie McMinimee	VIC
7067	Darcy Miller	TAS
3031	Emily Mizis	VIC
3032	Grace Muller	VIC
4213	Brooke Mullins	QLD
4012	Isabella Murdoch	QLD
2212	Marjolaine Newbery	NSW
3033	Meg Oakley Kerr	VIC
3034	Sophie O'Sullivan	VIC
2030	Chloe Pateman	NSW
2609	Katie Porra	ACT
1021	Kirstie Rae	NZ
3035	Tess Rhodes	VIC
2209	Abbey Rockliff	NSW
2213	Charlotte Ryan	NSW
2610	Keely Small	ACT
4212	Olivia Smith	QLD
4010	Elena Stephenson	QLD
2612	Ruby White	ACT
4013	Abby White	QLD
2032	Kathleen Young	NSW



CROSS COUNTRY

10-19 YEARS



sportscentre.com.au/products/buy-online/school-sport-australia

sports centre



\$60

Event Hoody



\$60

Hoody



\$120

Heavy Weight Jacket



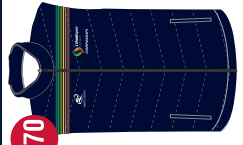
\$95

Puffer Jacket



\$70

Puffer Vest



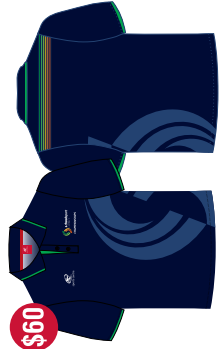
\$60

Tapered Pants



\$50

Event Singlet



\$60

Polo Shirt



\$50

T-Shirt



\$40

Casual Shorts



\$40

Unisex Pro Shorts



\$40

Quoz Shorts



\$49

Backpack



\$55

Sports Bag



\$99

Wheel Bag



\$25

Hand Towel



\$45

Sports Towel



\$40

Umbrella



\$10

Can Cooler



\$6

Lapel Pin



\$12

Crew Socks



\$25

Cap



\$25

Visor



\$25

Bucket Hat



\$15

Metal Bottle



\$8

Scrunchie



\$6

Event Button Pin

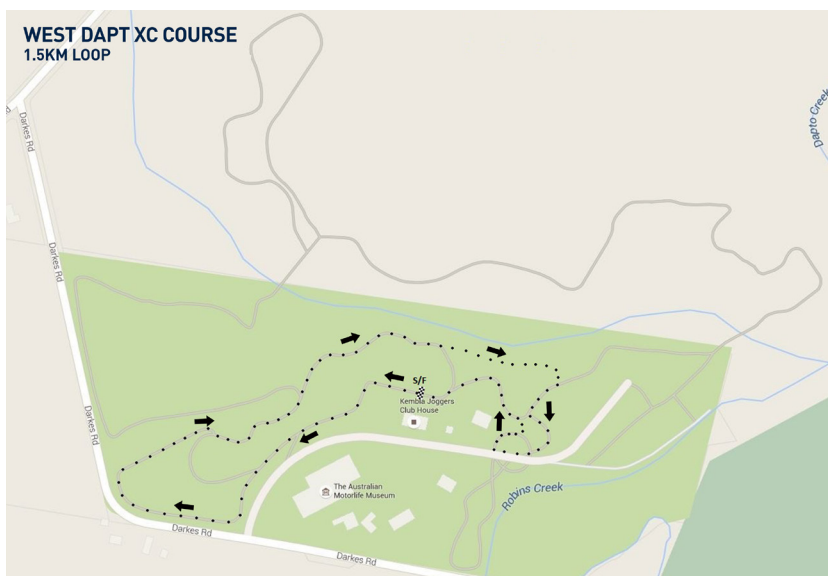
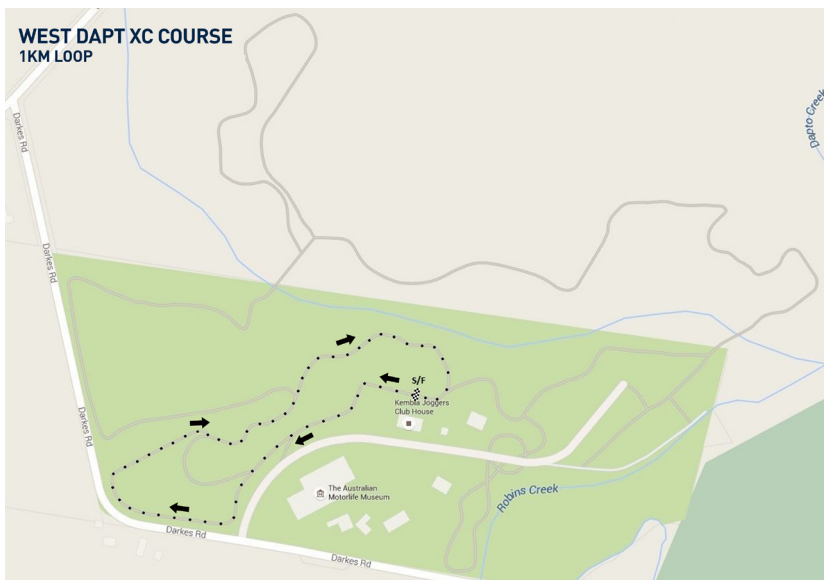


\$6

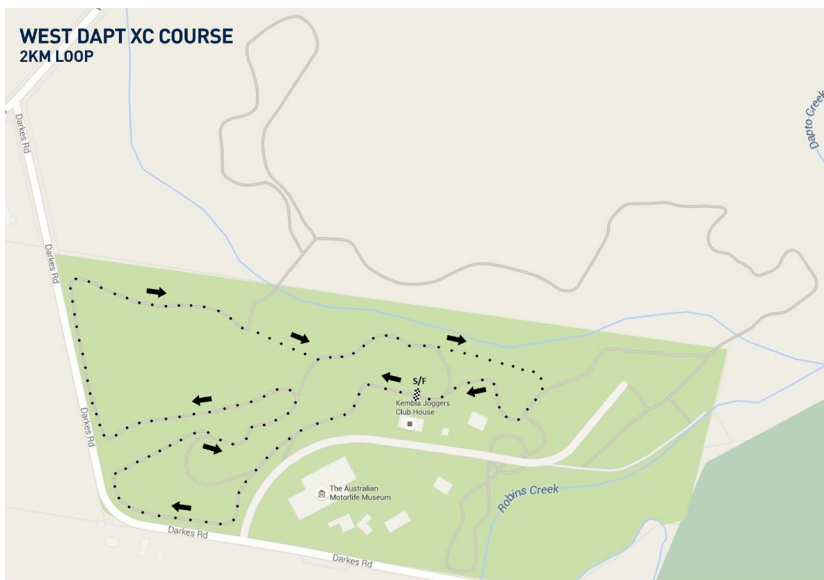
Key Ring

KEMBLA JOGGERS CROSS COUNTRY PARK

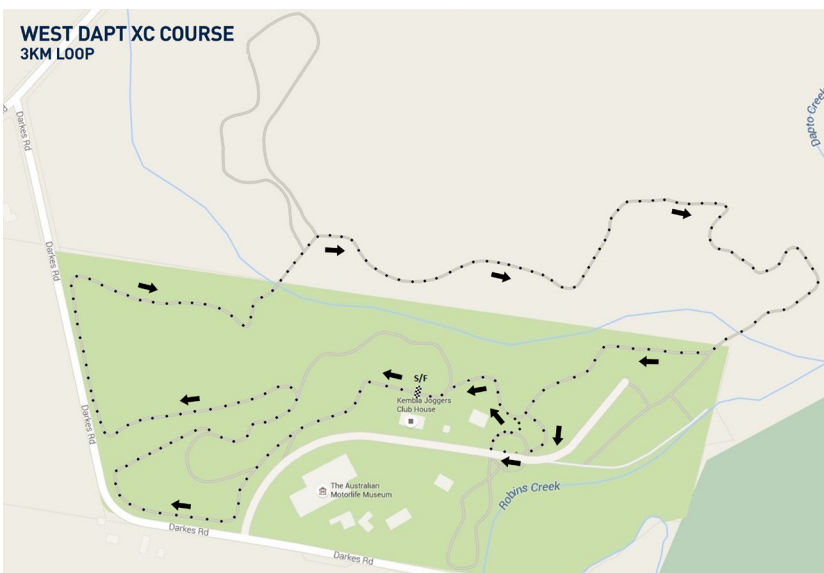
SATURDAY 24TH AUGUST



WEST DAPT XC COURSE **2KM LOOP**

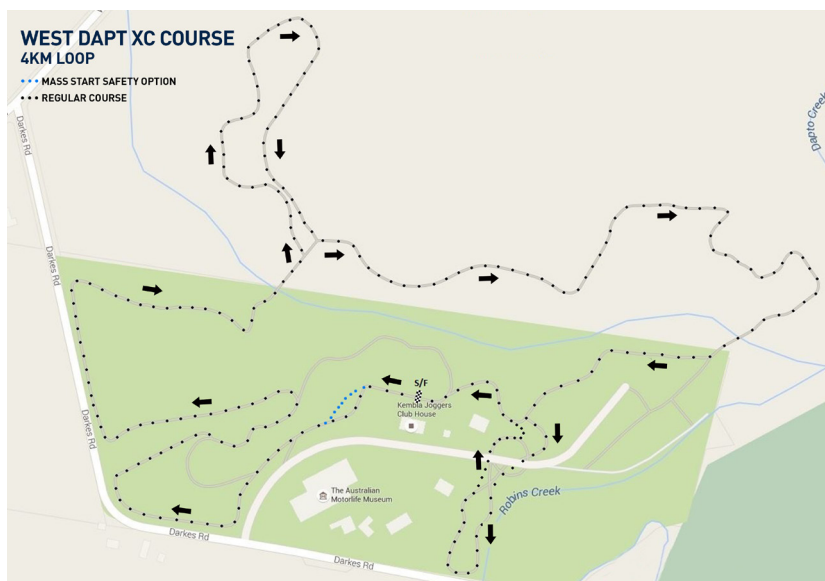


WEST DAPT XC COURSE **3KM LOOP**



KEMBLA JOGGERS CROSS COUNTRY PARK

SATURDAY 24TH AUGUST





THE NEW

LITTLE SHOP 2 APP!

PLAY IN 3 EASY STEPS

1

SEARCH

LITTLE SHOP 2 APP STORE/GOOGLE PLAY

2

SCAN YOUR MINI COLLECTABLE
TO UNLOCK YOUR LITTLE DANCER

3

HIT
THE DANCEFLOOR!





LIVE RESULTS

For live results go to:

www.athletics.com.au/Results/2019-Results