

2023 SSA CROSS COUNTRY CHAMPIONSHIPS

Secondary Tasmanian State Team

Stromlo Forest, Canberra, ACT

Friday 25th Aug – Monday 28th Aug

Bulletin #1 **27/06/2023**



School Sports Australia Cross Country Tasmanian State Team - Secondary

Congratulations on the 32 Secondary School athletes selected to represent your state at the 2023 School Sport Australia Cross Country Championships to be held in Canberra, ACT on August 25 – 28. This is a 4-day event including a relay. Please note that you **MUST** commit to all the 4 days and be available for all the activities that are part of the School Sports Program. Failure to do this may affect future selection for state teams.

Teams are up to 6 athletes per age group. For those age groups that do not have enough to make up a relay team of 5, athletes can be moved up an age group or chose to run in the time trial instead.

Women 14 (5)

Sophie West (Friends)
Madeline Marshall (Mt Carmel)
Libby Crispin (Ulverstone)
Lucy Meikle (Fahan)
Grace Greenhill (Latrobe)

Men 14 (6)

Jasper Delaney (Sacred Heart)
James Marsh (Taroona)
Zachary Holloway (Grammer)
Ben Stevenson (Hutchins)
Duncan Hobday (Taroona)
Anderson Towns (Marist)

Women 16 (6)

Zahli Wescombe (Marist)
Ashley Fehlberg (Marist)
Sophie Brewster (Riverside)
Melaleuca Bestley Toman (Taroona)
Ineka Barnes (Marist)
Chloe Horsman (Scotch Oakburn)

Men 16 (4)

Oliver Valentine (Taroona)
Samuel Strating (Launceston Christian)
William Pereira (Taroona)
Alejandro Fisher (Friends)

Women 18 (3)

Isabelle Hoggett (St Marys)
Jemima Lennon (Friends)
Sophie Marshall (Scotch Oakburn)

Men 18 (3)

Lachlan Fox (Elizabeth College)
 Oscar Young (Burnie)
 Jacob Gardner (Hobart College)

Women U20 (2)

Sophie Connolly (Friends)
 Emily Best (Hobart)

Men U20 (3)

Tom Winkel (Don)
 James Francombe (Hellyer)
 Isaac Bonsey (Hobart)

AT Team Management

The Athletics Tasmanian Team management for 2023 is:

Yvette Edward	State Team Manager	0488651558	yvette.edward@internode.on.net
Jarrold Gibson	Team Manager	0409728315	jg2464@bigpond.net.au
Zane Patmore	Team Manager	0407056128	z.patmore@taslittleathletics.com.au
TBC			

Payment of Nomination

Thanks to everyone for paying their team nomination. All have paid and therefore the team confirmed. The budget is yet to be finalized and made available for the School Sports Australia 4 day event. Once this is confirmed, an extra payment will be required which will be no more than around \$200 per athlete. Details of this payment will be sent out to you once finalized.

Please note that as secondary students, you also compete in the Athletics Australia event on the Saturday, which requires you to be registered with Athletics Tasmania. Those who are not will have a \$35 fee included in the final cost, however we suggest you look at joining a local Club (details on AT website: [Find a Club | Athletics Tasmania \(tasathletics.org.au\)](http://tasathletics.org.au)) which then allows you to compete in regular events for the rest of the winter, as extra preparation for the Championships.

Joint School Sport Australia & Athletics Australia Australian Cross Country Championships

School Sports Australia and Athletics Australia Cross Country National Championships are the same event and are run in conjunction and jointly. They are the same race but the AA event is only for U14 and above (secondary students).

You will all be entered in your relevant event based on your age group and as a SSA competitor.

Please head to the attached link for details from SSA: [Cross Country - School Sport Australia](#)

Please head to the attached link for details from AA: [2023 Australian Cross Country Championships | Athletics Australia](#)

EVENT DETAILS

Championship program SSA

Day	Date	Time	Activity
Friday	25/08/2023	Morning	From 11:30pm athletes/teams arrive at Stromlo Forest
		1:00pm	Team Meeting at Tasmanian Team location at Stromlo Forest
		1:30 – 2:30pm	Course Inspection of Stromlo Forest
		2:30pm	Tasmanian Team Photo - TBC
		3:00pm	Meet back at the Tasmanian Team location at Stromlo Forest
		3:30 – 4:15pm	Opening Ceremony at Stromlo Forest
Saturday	26/08/2023	9am – 5pm	Individual races (see timetable below)
Sunday	27/08/2023	TBA	Educational Excursion (Details TBC)
		TBC	Team activity TBC
		TBC	Team dinner TBC
Monday	28/08/2023	8am – 1pm	Relays and Time Trials (see timetable below)
		1:00pm	Closing ceremony
		From 3pm	Athletes/teams depart

Venue Location

The venue map can be found via this link: [Map](#)

The location of the venue can be found via this link: [Stromlo Forest Park](#)

Both the individual Cross Country Championships and the Relay Championships are at the same location
- Stromlo Forest Park, Dave McInnes Rd, Stromlo ACT

SSA Information

Please visit the SSA website for all current information regarding Rules and Guidelines, Programs and Results. Here is the link to the SSA website:

[Cross Country - School Sport Australia](#)

Cross Country Saturday 26th August

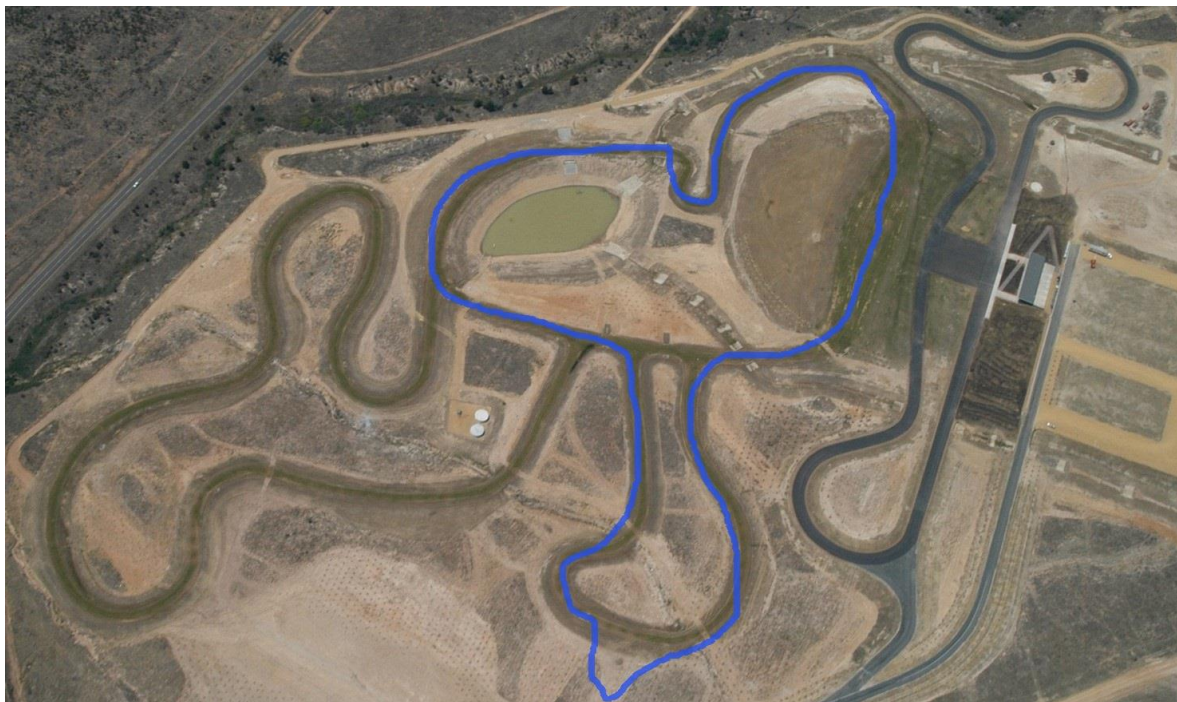
Cross Country Championships – Stromlo Forest Park, Dave McInnes Rd, Stromlo ACT

Please see the Program of events for combinations of loops each race runs. The various loops are shown below along with a venue map.

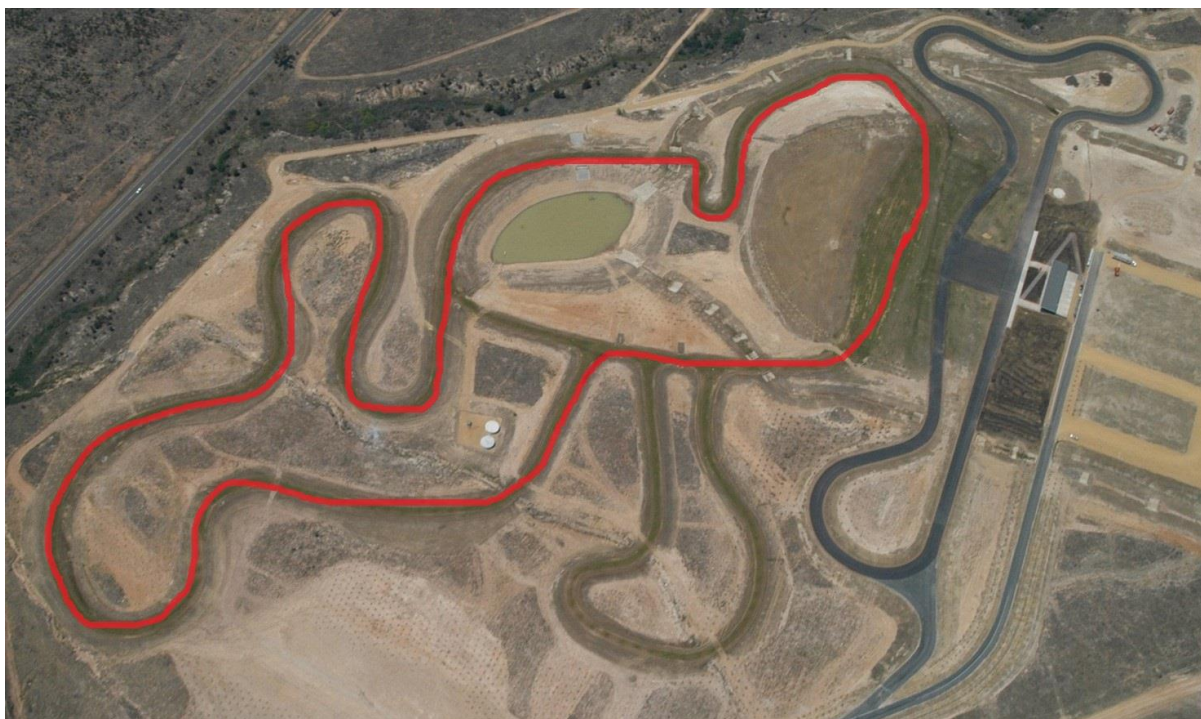
1 km Course



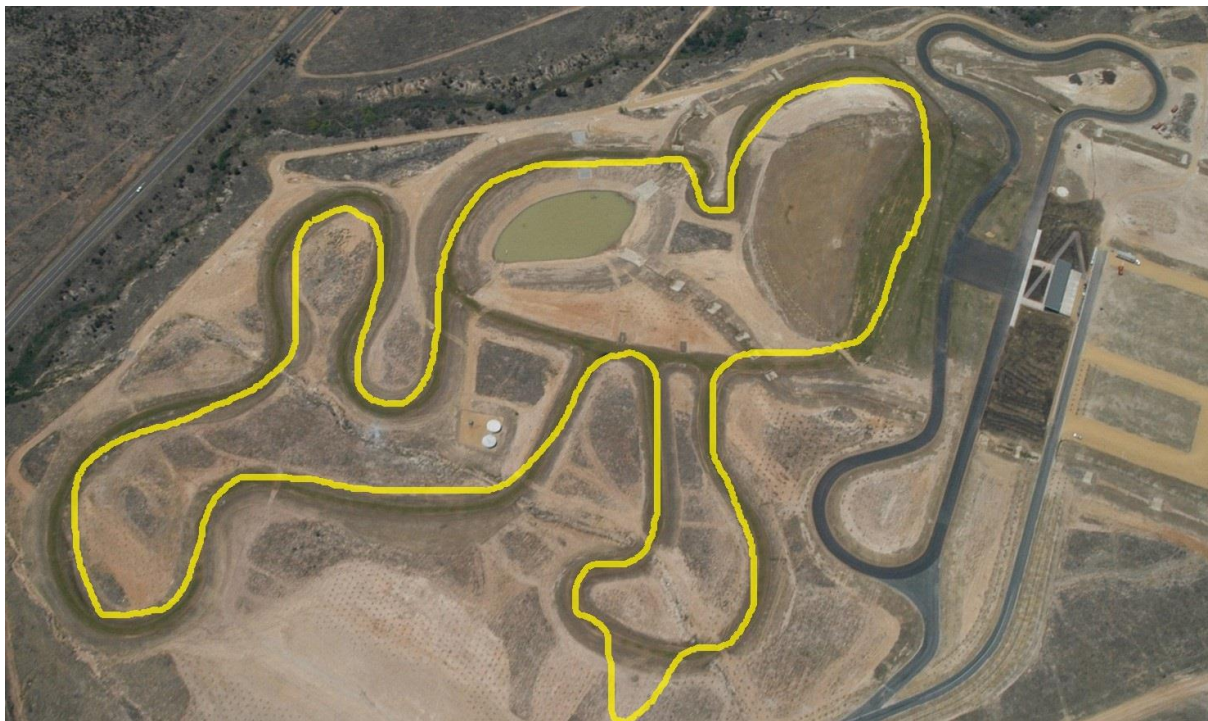
1.5 km Course



2 km Course



2.5 km Course



Venue Map



Australian Cross Country Championships Timetable



Australian Cross Country Championships Saturday 26th August 2023 Stromlo Forrest, Canberra, ACT

Time	School Sport Age Group	Athletics Australia Age Groups	Distance	Course	Call Room Entry	Start Line deadline	Approx Medal time
0900	10-12 years Para Boys and Girls		2km	1 x 2km	0840	0855	1100
0915	10 years Boys		2km	1 x 2km	0855	0910	1000
0925	10 years Girls		2km	1 x 2km	0905	0920	1010
0935	11 years Boys		3km	1 x 1km + 1 x 2km	0915	0930	1020
0950	11 years Girls		3km	1 x 1km + 1 x 2km	0930	0945	1040
1005	13/14, 15/16, 17-19 years Para Men	U15, U17, U20, Open Para Men	3km	1 x 1km + 1 x 2km	0945	1000	1115
1025	12 years Boys		3km	1 x 1km + 1 x 2km	1005	1020	1130
1040	12 years Girls		3km	1 x 1km + 1 x 2km	1020	1035	1140
1055	13 Years Boys	U14 Men	3km	1 x 1km + 1 x 2km	1035	1050	1155
1110	13 Years Girls	U14 Women	3km	1 x 1km + 1 x 2km	1050	1105	1210
1125	13/14, 15/16, 17-19 years Para Women	U15, U17, U20, Open Para Women	3km	1 x 1km + 1 x 2km	1105	1120	1230
1150	Community Run (Hand Timed)		2.5km	1 x 2.5km	N/A	1145	-
1200	Lunch Break for Officials and Volunteers						
1240	Open Men		10km	4 x 2.5km	1220	1235	1340
1320	Open Women		10km	4 x 2.5km	1300	1315	1420
1405	14/15 Years Boys	U15, U16 Men	4km	1 x 1.5km + 1 x 2.5km	1345	1400	1450
1425	14/15 Years Girls	U15, U16 Women	4km	1 x 1.5km + 1 x 2.5km	1405	1420	1510
1445	16/17 Years Girls	U17, U18 Women	4km	1 x 1.5km + 1 x 2.5km	1420	1440	1535
1505	16/17 Years Boys	U17, U18 Men	6km	1 x 1km + 2 x 2.5km	1445	1500	1555
1535	18/19 Years Girls	U20 Women	6km	1 x 1km + 2 x 2.5km	1515	1530	1615
1605	18/19 Years Boys	U20 Men	8km	1 x 1km + 1 x 2km + 2 x 2.5km	1545	1600	1655

Cross Country Information

A Running Sheet with all athletes and their events including Call Times, responsible manager etc. will be made available closer to the event. This will be with the team manager on the day who will make sure you are where you need to be for your event.

You are to arrive no later than 2 hours before your event with the exception of the first 2 events who should arrive at 7:30am. Report directly to the Team Manager at the Tasmanian Team area where you will be issued your bib numbers etc and allocated a team manager who will assist with your warm up and deliver you to call room.

Relay Championships Monday 28th August

SCHOOL SPORT AUSTRALIA RELAY AND TIME TRIAL EVENTS

PROGRAMME of EVENTS Draft

Time	Event	Distance
8.15	Boys 16/17 – Line 3	5 x 3000m
	Boys 18/19 – Line 1	
9.10	Multiclass Relays – Sec line 3, Prim line 4	4 x 1000m
	10 Years Boys – Line 1	
	10 Years Girls – Line 2	
9.30	Boys 14/15 – Line 1	5 x 2000m
	Girls 14/15 – Line 4	
	Girls 16/17 – Line 3	
	Girls 18/19 – Line 2	
10.15	Multiclass Time Trials – Track Finish Line 5	1000m
10.25	Girls 11 – Line 4	4 x 1500m
	Girls 12 – Line 3	
	Boys 11 – Line 2	
	Boys 12 – Line 1	
10.55	Composite Teams – Line 3	6 x 1500m
	13 yrs Boys – Line 1	5 x 1500m
	13 yrs Girls – Line 2	
11.35	13 Years Boys and Girls Time Trials	1500m
11.44	Boys 14/15, Girls 14/15, 16/17, 18/19 Time Trials & Girls 16/17 School Team Time Trials	2000m
11.54	Boys 16/17, 18/19 Team Time Trials & Boys 16/17 School Team time trials	3000m
12.20	Presentations & Closing Ceremony	

Relay Information

The relays are compulsory to compete in for all SSA athletes. Relay teams will be selected based on the athlete's performance on the Saturday. Those that are not part of the relay team will be competing in the composite team relay (primary) or the time trials (secondary). All athletes competing on the Monday at 8:15, 9:10 and 9:30 must report to the Team Manager at the Tasmanian Team Tent no later than 7:00am. All other athletes competing on the Monday must report to the Team Manager at the Tasmanian Team area no later than 9:00am.

Ceremonies

The Opening Ceremony will be held on Friday, 25 August 2023 at approximately 3:30pm.

The Closing Ceremony will be held on Monday, 28 August 2023 at the conclusion of the relay events.

Education Excursion

All students will be attending the excursion. The students will be under the supervision of the team managers for the duration of the excursion.

The educational excursion will take place on Sunday 27th August.

The cost of this excursion has been included in the athletes Levy paid to AT.

The excursion location and time is still to be confirmed.

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. 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.

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 RULE 143.8, WHICH RENDERS AN ATHLETE LIABLE TO DISQUALIFICATION IF S/HE TAMPERS IN ANY WAY WITH THE COMPETITION NUMBER.

TASMANIAN TEAM INFORMATION

Competition, Daily Uniform

All team members are to purchase the compulsory clothing items if they do not already have them and other clothing is optional.

The compulsory gear is race top (escape singlet or crop top) and race pant/short (marathon run short or compression short).

The compulsory non racing gear is Active run tee and Active sport short. These are for wearing at all other activities other than the cross country race and the relay event (i.e. opening and closing ceremonies and excursion).

Please note it might be cold this time of year in Canberra so you will need either a hoody or a tracksuit top and/or bottoms. While these are not compulsory, it is recommended that you have State Team uniform for the events in order to identify which team you belong to.

Please go to the below link to visit the online clothing shop to purchase your clothing items. Your items will be delivered to the address you nominate on the online order form.

<https://projectclothing.com.au/collections/tasmania-athletics-1>

Flights, transport, accommodation and meals.

For ALL SECONDARY athletes you need to organize and pay for your own flights to and from Canberra and transport to and from event venue for cross country and relay so that you get to the venue on time. You need to be at Canberra airport before Friday 25th August latest by 12 noon with own transport to venues organized. If you want to check into your accommodation etc before heading to the venue, then you need to organize flights around that. Flights back to Tasmania need to be made after 4pm on the Monday 28th August to allow for travel back from Canberra.

You also need to book and pay for your own accommodation and meals for the event. Please find accommodation that is close to the venue and suits your requirements.

TEAM MANAGEMENT ARRANGEMENTS:

FLIGHTS:

FYI – below are the flights and accommodation that has been booked by team management:

VIRGIN AUSTRALIA, VA 1313

HBA HOBART, AUSTRALIA

MEL MELBOURNE, AUSTRALIA

6:35 PM, Aug 25



7:50 AM, Aug 25

DOMESTIC TERMINAL

TERMINAL 3

VIRGIN AUSTRALIA, VA 259

**MEL MELBOURNE,
AUSTRALIA**

**CBR CANBERRA,
AUSTRALIA**

8:45 AM, Aug 25



9:50 AM, Aug 25

TERMINAL 3

MAIN TERMINAL

**CBR CANBERRA,
AUSTRALIA**

**MEL MELBOURNE,
AUSTRALIA**

6:50 PM, Aug 28



8:00 PM, Aug 28

MAIN TERMINAL

TERMINAL 3

VIRGIN AUSTRALIA, VA 1334

MEL MELBOURNE, AUSTRALIA

HBA HOBART, AUSTRALIA

9:20 PM, Aug 28



10:35 PM, Aug 28

TERMINAL 3

DOMESTIC TERMINAL

ACCOMMODATION:

THE
SEBEL

The Sebel Canberra Civic

- 197 LONDON CIRCUIT Canberra Australian Capital Territory 2601 AU
- Tel. +44 20 7365 0519

Facebook Page

A Facebook page “2023 Tasmanian XC Team” has been set up by State Team Manager, Yvette. Make sure you are part of this group if you are on FB. This is a good way to keep up to date with what is going on. Happenings, results and photos are posted on this page. If you would like to join this group or would like to invite others, please do so via the following link:

[2023 SSA Tasmanian XC Team | Facebook](#)

If you don't have a FB account, don't worry as all important information will be emailed to you.

Withdrawal fee

Athletes require a medical certificate to withdraw after Levy is paid. The withdrawal fee is the cost of the Levy unless AT have an athlete in waiting to fill the spot in the age group of the withdrawn athlete.

FURTHER INFORMATION

Medical

First aid will be in attendance during individual and relay events. Athletics Tasmania will also have a medical kit at the venue for competing athletes.

Souvenir merchandise

Souvenir merchandise supplier Sports Centre will attend this championship. You can purchase their merchandise online and the link will be made available once released.

Results and social media

TBC

Plus join the conversation on their social media platforms -Twitter [@SchoolSportAust](https://www.twitter.com/SchoolSportAust) #ssacrosscountry.

Photographs

TBC

Rules & Guidelines / SSA Policies

[Rules & Guidelines](#)

[SSA Code of Conduct](#)

[Sports Participation Policy](#)

Further Information to come

As more information becomes available, it will be sent out to you.

Still to come:

- Managers introduction
- Team captains announcement
- Any details supplied by SSA and AA
- Confirmation of program schedule
- Running Sheet