

Dear Albany Little Athletics families,

This year's Winter Sunday morning cross-country program from May to August will have a **Junior Series** sponsored by **South Coast Sports Medicine**. 5 or 6 of the approximately 15 events on the Albany Athletics Club's winter program will include Junior Series Events and these will have the **age-appropriate race distances** as per the rules from Little Athletics Australia and Athletics Australia. These are the same distances that Juniors would be racing if they attended the National or State Championship Cross Country events. They are listed here:

Juniors	Distance
U7, U8	1km
U9, U10	1.5km
U11, U12	2km
U13, U14	3km
U15, U16	4km
U17 girls	4km
U17 boys	6km

Almost all the events on the cross-country 2022 program will have a standard 3 distances for the adults to choose from (~2km, ~4km, ~6km) which are also available for juniors who want to do a longer course without the potential pressure of racing or completing. Whilst Athletics Australia and the Albany Athletics Club committee appreciate that fit and talented young runners can often run further than the allowable race distances, it is not appropriate for the majority of young runners to be required to complete, or 'race', a minimum of 2km – 3km simply to take part in cross-country. They often lack the physiology, the fitness and the running biomechanics to be able to do so as part of a sensible performance progression that puts their long-term involvement in sport and physical activity first and foremost.

We invite parents of, and Little Athletes themselves, to volunteer in advance to help conduct the events. There are half a dozen simple roles at each event that we need filled **prior to finalising the calendar** i.e. registration desk, results recorder, finish token handing out, iPad button presser (timer). Please see the screenshot below of available roles. Note there are still 4 events that need someone to be Race Director – which essentially means ensuring that the gear arrives, the volunteers know they're on, and the course markings are put out.

Please contact Cross-Country Coordinator, **John Toomey**, on **0407 519 232** or by email at gone4run@inet.net.au to let us know how you can help out or to ask for a bit more explanation.

For current Albany Little Athletics Members aged 6 years and up, membership to the Cross-Country season has been determined by the Albany Athletics Club to be **Free** this year, \$0. However, you must register again this time through via the Albany Athletics Club website: <https://albanyathletics.com.au/>

Included below is a volunteer roster and proposed calendar. Once enough key roles are filled and venue permissions are finalised then a calendar will be released which contains a lot more supporting information.

XC Volunteer Roster 2022						
Date	Event	Race Director	Registration	Results Scribe	Timer	Finish Tokens
May-08	Centennial Park (J)	Marc See				
May-15	Bathgate Farm (J)	John Toomey	Jen G-T	Jen G-T		
May-22	Denmark Rail Trail	N/A				
May-29	tba					
Jun-12	Granite Heights					
Jun-19	Granite Heights					
Jun-26	Mt Melville (J)	Marc See				
Jul-03	<i>Mt Clarence? KoM</i>					
Jul-10	Lake Seppings (J)					
Jul-17	Bathgate Farm (J)	John Toomey				
Jul-24	Terry Road	Craig & Basil				
Jul-31	Terry Road	Basil & Craig				
Aug-07	Mt Melville (J)	John Toomey				
Aug-14	Mt Adelaide	Andrew Collins				
Aug-21	Mt Adelaide	Andrew Collins				
Aug-28	Centennial Park (Relay)	Marc See				

Kind regards,

John Toomey
Cross Country Coordinator
Albany Athletics Club