



Saturday 30th May '09

Start Times:

1:45pm: Women U14 3k
Men U14 3k
Women U16 3k
Men U16 3k
Women U18 3k
Women U20 3k

2:30pm: Men U18 10k
Men U20 10k
Women Open 10k
Men Open 10k

Rd 3 - SKINS Sandown Classic

Team Managers Memo - 27th May '09

INTRO

With record entry numbers and a good weather forecast, will we see AV's first ever 1,000+ field across the 3k and 10k events at Sandown this Saturday? Lets hope so.

As an established race on the calendar, most clubs will be in the comfort zone for this one, however, AV are trialing timing chips this year and **will not** be using tags as a back up. This will obviously require some level of administrative change which we'll deal with later.

Sandown is a busy venue and busy day, so please read the following instructions to help everything run smoothly.

GETTING TO SANDOWN RACECOURSE

With the closure of the Sandown Rd entrance, Sandown Race Course is now **only** accessible from the Princes Hwy. When heading away from the city stay in the left lane and take the turn off over the overpass bridge. There will be AV signage near the turn off point.

If traveling by train, there are regular services running in both directions on the Pakenham and Cranbourne lines that stop at the Sandown Park and Springvale Railway stations.

CAR PARKING

Plenty of Car Parking is available within the near the pit buildings. Please park within defined bays and do not block any access roads to the track which may be needed by Emergency vehicles.

TOILET FACILITIES

The major toilet blocks directly under the Grandstand will be open.

AV BIB NUMBERS

We are now into round 3 of competition with close to 2,000 registered athletes and no backlog of registrations in the AV Office. Therefore there is **NO EXCUSE** for athletes who do not wear both Bib numbers on Saturday.

Athletes without their bib numbers will be reported to the Chief Referee and face potential disqualification. If an athlete forgets their numbers or has misplaced them, please have them report to the AV Administration area for a replacement.



For all enquiries contact
xcr@athsvic.org.au



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DUTY CLUBS

The following clubs are required to provide club helpers to assist with the running of the relays:

APS United	3	Athletics Essendon	3
Box Hill	3	Coburg Harriers	3
Doncaster	3	Eureka	3
Geelong Region	3	Ivanhoe	2
Keilor St Bernards	2	South Melbourne	3
Wendouree	3	Williamstown	2

All officials, time keepers and course marshalls must report to the Controller of Officials at least 45 minutes prior to the commencement of the first event. This means **1:00pm** is the cut off for checking in.

Clubs failing to provide the required number of officials will have **ALL** of their teams disqualified.

If you believe your club will not be able to raise the necessary number of officials, please contact xcr@athsvic.org.au by Friday 29th May at 12:00pm.

REFRESHMENTS

Frankston AC will be cooking up a storm on the Concourse level, so for food and refreshments please head up to the Concourse and sample their food. A coffee van will also be operating down near ground level, so for you caffeine fix head for the van.

SKINS FOR SALE

Our major sponsor **SKINS** will be onsite to demonstrate and sell the tremendous range of **SKINS** Compression gear. The **SKINS** Marquee will be located on the Concourse level and will be manned by qualified staff able to help you with all your enquiries about their compression range and how it assists with performance and recovery.

Don't forget.... train in SKINS, run in SKINS, sleep in SKINS

CHIP TIMING

Athletics Victoria will be using the IPICO timing chip system for the 2009 SKINS Sandown Classic. Each competitor will be issued with a numbered chip which must be firmly attached to either shoe prior to racing.

Team Managers will pick up each competitors chip with their club packs, so please ensure that the correct chip is allocated to the correct athlete. The chips will come in individually named envelopes, so please be careful when distributing the chips to ensure no mistakes are made.

At the conclusion of the race all athletes will remain in a penned area for the collection of chips. Volunteers will be on hand to assist in this process and **NO** athlete is to leave the finish zone without handing their chip in.

Team Managers must return the chips for athletes who have not competed or DNF'd to the AV Administration area. Clubs will be charged **\$25** for any chips not returned by their athletes.



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SUBSTITUTIONS

After the overuse/abuse of the substitution rule by some clubs at Lardner Park AND the introduction of the Chip timing system, clubs will only be allowed **One Male** and **One Female** on day substitution across all age ranges and divisions.

On day substitutions are there to provide clubs a chance to get out of a last minute emergency where their team may not score—they ARE NOT there for lazy Team Managers to simply enter someone late. If you do not know who is running for your club on Saturday by now, reassess your communication with the team and don't rely on substitutions to get you out of trouble.

After the problems at Lardner Park, the substitution rule will be reassessed at the end of XCR'09.

INVITATION ATHLETES

With Athletics Victoria's membership database now swelled by the inclusion of 13,000+ 'recreational runners' as part of Athletics Australia's Running Australia program, we are expecting an influx of invitation athletes to this event.

A marketing campaign aimed these runners has been undertaken with positive signs that there is a high level of interest in Sandown.

We encourage all clubs to look out for the Invitation runners and help make their experience at Sandown a memorable one. You never know—by inviting a few strangers along to the post run cuppa you may suddenly have a some new members on your hands.

PRESENTATIONS

All presentations will be conducted on the Concourse level adjacent to the AV Administration area. Junior presentations will commence at 2:45pm with the seniors to start at 3:30pm.

Please ensure that all place getters are in the presentation area before the allocated time. With all place getters receiving SKINS vouchers and the first 5 Open Male and Females receiving Cash and SKINS, there are plenty of reasons for them to turn up.

HANDBOOKS

There are still plenty of XCR'09 Handbooks available so if your club requires more, please see the AV Staff in the Administration area

See you all out at Sandown for another record breaking round of XCR'09!

Tim Crosbie
Manager



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