



## 2025 AUSTRALIAN WORLD CROSS COUNTRY SELECTION TRIALS (FOR 2026 WORLD CROSS COUNTRY CHAMPIONSHIPS)

### INFORMATION and TECHNICAL REGULATIONS

27 June 2025

The following information provides athletes information on the 2025 Australian Selection Trials for the 46th World Cross Country Championships. The 2026 edition is due to take place in Tallahassee, Florida in the USA on 10 January 2026.

The Selection Trials are the primary selection event for athletes who want to be considered for selection to represent Australia at the World Cross Country Championships.

Australia are conducted according to the rules of World Athletics and Australian Athletics.

#### 1 Venue and Competition

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Venue: [Stromlo Forest Park](#), Canberra, ACT

Date: Friday 28 November 2025

#### 2 Entries

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Entry to compete in the Selection Trials is available via the Australian Athletics online entry system at [Roster Athletics](#).

Entries for Selection Trial will close on the 12 November 2025 at 5pm AEST. Late entries will only be considered in special circumstances.

The cost for entries in the trial is \$40 per person. Athletes can only enter one event.

#### 3 Planned Schedule

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5.30pm	Check in opens for athletes	Admin Building
5.45pm	Officials briefing	On the course near the finish
6.00pm	Check in Under 20 Men close	Admin Building
6.15pm	Call Room Under 20 Men close	
6.25pm	Check in Under 20 Women close	Admin Building
<b>6.30pm</b>	<b>Under 20 Men 8km</b>	<b>1 x 1km + 1 x 2km + 2 x 2.5km</b>
6.40pm	Call Room Under 20 Women close	
6.45pm	Check in Open Men and Women close	Admin Building
<b>6.55pm</b>	<b>Under 20 Women 6km</b>	<b>1 x 1km + 2 x 2.5km</b>
7.00pm	Call Room – Open Men and Women close	
<b>7.15pm</b>	<b>Open Men and Women 10km</b>	<b>4 x 2.5km</b>
7.55pm	Approx finish time	
8:00pm	Sunset	

#### 4 Timetable Changes

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The timetable and any changes in the timetable or this information / these regulations are available on the Australian Athletics website.



## 5 Warm-Up

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Please note as races will be in progress, athletes will not be permitted to warm up, or warm down, on any part of the cross country course from 6:00pm until races are complete. Athletes may warm up and warm down on the adjacent cycle criterium course.

## 6 Lapped Runners

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Any athletes that are lapped before starting their final lap will not be permitted to finish. The Referee and/or Technical Delegate will oversee this.

## 7 Pacing

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As the open races are conducted concurrently there will be close attention paid to any men who appear to be pacing women in the combined race. If this occurs, any athletes involved will be disqualified under World Athletics Rule 6.3.1.

## 8 Check-In and Call Room

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All athletes must check in and receive their race number at least 30 minutes before the start time of their race. The Check-in Area is the main office under the viewing platform. The athlete bib must be worn on the front.

There will be a Call Room tent for final checking of uniforms, shoes, and numbers adjacent to the start line area. Athletes should be present at the Call Room tent adjacent to the start area no later than 15 minutes before the start of their race.

Athletes will not be held in the call room, there will be time for final warm-up nearby.

## 9 Refreshments

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A water drink station will be available for athletes during the races close to the start line as well as one drink station out on the course, located approximately at the start of the dam after exiting the Creek Loop.

Water will also be available for athletes at the finish line after their race.

Athletes are not permitted to take refreshments from any other place on the course, or from spectators/coaches.

## 10 Results

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Results will be posted on the Australian Athletics website as soon as possible post-race at [Roster Athletics](#).

## 11 First Aid

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First aid will be onsite and located in a tent adjacent to the finish line.

## 12 Parking

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Paid parking is available at the venue.



## 13 Uniforms

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All uniforms must comply with the [Australian Athletics advertising regulations](#).

Particular attention is drawn to the Nike Pro and similar instances with other manufacturers, where oversize branding around the top bands of lower body garments is prevalent. Athletes will not be permitted to compete in those items which do not comply with the advertising regulations. Taping or the turning down of such non-compliant items will not be allowed. To avoid stress on arrival at the Call Room athletes are asked to ensure that they are not wearing these garments for on-field warm-up or competition purposes.

## 14 Scratching from an event

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If you have decided to scratch, please let us know by email: [competitions@athletics.org.au](mailto:competitions@athletics.org.au).

## 15 Anti-Doping

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A reminder this is a National level Australian Athletics event. Sport Integrity Australia can conduct anti-doping testing at any event or competition.

It is your responsibility to ensure you are aware of your obligations to clean sport.

All **Australian** athletes are required to complete online [Sport Integrity Australia eLearning](#) prior to the event:

- Anti-Doping Fundamentals
- 2025 Annual Update

All **International** athletes are required to complete equivalent Anti-Doping online [WADA online eLearning](#) prior to the event

Competitors are aware:

- of medications and supplements not allowed within competition.
- [Sport Integrity Australia App](#) & [Global Dro Australia APP](#) helps provide some product search assistance.
- testing and certification of sports supplements cannot provide athletes a 100% safety guarantee
- if they fit the criteria to apply for an in advance [Therapeutic Use Exemption \(TUE\)](#)



## 16 Course Maps



2.5km loop



2.0km loop



1.0km loop