



2026 AUSTRALIAN ATHLETICS CROSS COUNTRY RELAYS

23 August 2026

Victoria Park, Ballarat, Victoria

TECHNICAL REGULATIONS

Australian Athletics welcomes all participants in the 2026 Australian Athletics Cross Country Relays. It is important that all participating athletes, and where relevant coaches, take the time to read and adhere to the rules and regulations below, to allow smooth conduct of the Championships.

These Championships will be conducted according to the rules of World Athletics and Australian Athletics.

1 Timetable Changes

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

2 Uniforms

Athletes must wear clothing which is clean, and designed and worn so as not to be objectionable. The clothing must be made of a material which is non-transparent even if wet. Athletes must not wear clothing which could impede the view of the Judges.

There is no requirement for athletes from the same team to wear the same uniform.

3 Accreditation

There will be no Accreditation procedures or cards for this competition.

4 Gate Entry

There is no gate charge or venue entry procedure for this competition.



5 Entries

Each relay team will consist of teams of 2 males and 2 females each running one loop of the 2km course.

The order of the runners varies by event. The changing of the order is to allow athletes to know which other athletes are in the same race as them (when two age groups are combined the orders are opposite).

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|------------|----------------------------|
| • Under 12 | female, male, female, male |
| • Under 14 | male, female, male, female |
| • Under 16 | female, male, female, male |
| • Under 18 | male, female, male, female |
| • Under 20 | female, male, female, male |
| • Open | male, female, male, female |
| • Masters | male, female, male, female |

Entries will be accepted from Clubs, Training Groups, Run Clubs, Schools (single sex schools need to combine), Universities or any other group.

Athletes can only run in one relay team; however, they can run in a different age group (up, not down) to make up a team. The minimum age for the Open race is 16 years old in year of competition with a maximum age of under 55 in the year of competition. Underage and open age groups are as at 31 December in the year of the competition, masters age is as at the first day of competition.

For University teams to be eligible for a Unisport medal they must be made up of eligible university athletes (as defined by UniSport Australia).

The following Age Groups are be offered:

- Under 12 (must be born in 2015 or 2016)
- Under 14
- Under 16
- Under 18
- Under 20
- Open
- Masters 40+
- Masters 50+
- Masters 60+

If a group of masters athletes from different age groups want to run together then they must enter the group of the youngest athlete of the team.

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Entries will close via the Australian Athletics Online Entry System at 12.00noon 4 August. Cost per team is \$80.

6 Team Check In / Running Order

There is no requirement for team check-in (other than collecting the bibs).

The final running order must be declared at the TIC least one hour prior to the start of the race.

The order is assumed to be as per the entry unless otherwise advised. If a change is needed, it is recommended that this is completed on Saturday 22 August from 3:00pm when the bibs will also be available.

7 Scratching from an event

Teams who have entered for any event and subsequently decide to scratch are requested to advise the Australian Athletics Competitions Unit as soon as they are aware that they will not participate – competitions@athletics.org.au

8 Competition Bibs

Collection of the bibs is from the TIC. A team representative will collect all bibs for a team, no bibs will be given to individual athletes.

Bibs can be collected from TIC on Saturday 22 August from 3.00pm. The team running order should be updated at the same time if needed.

The competition bib issued must be worn on the front of their competition uniform firmly attached with no less than four (4) pins. The entire bib including sponsorship information must be always visible and no part of the bib shall be folded under the uniform.

AUSTRALIAN ATHLETICS WILL ENFORCE WORLD ATHLETICS RULE TR 5.9 & TR 5.11, WHICH RENDER AN ATHLETE LIABLE TO DISQUALIFICATION IF S/HE TAMPERS IN ANY WAY THE COMPETITION BIB.

9 Shoes

Athletes may compete either barefoot, spikes or shoes. Spikes can be needles, Christmas Trees (or variations of this type), or Pyramid shape. 9mm is recommended for this course. If the weather is extremely wet prior to the Championships, then 12-15mm spikes are recommended. There are no World Athletics shoe regulations.

10 Race Organisations and Results

The 2km lap will be used. The takeover zone will be 20m long of which the scratch line is the centre. Entrance and exit of the takeover zone will be marked appropriately.

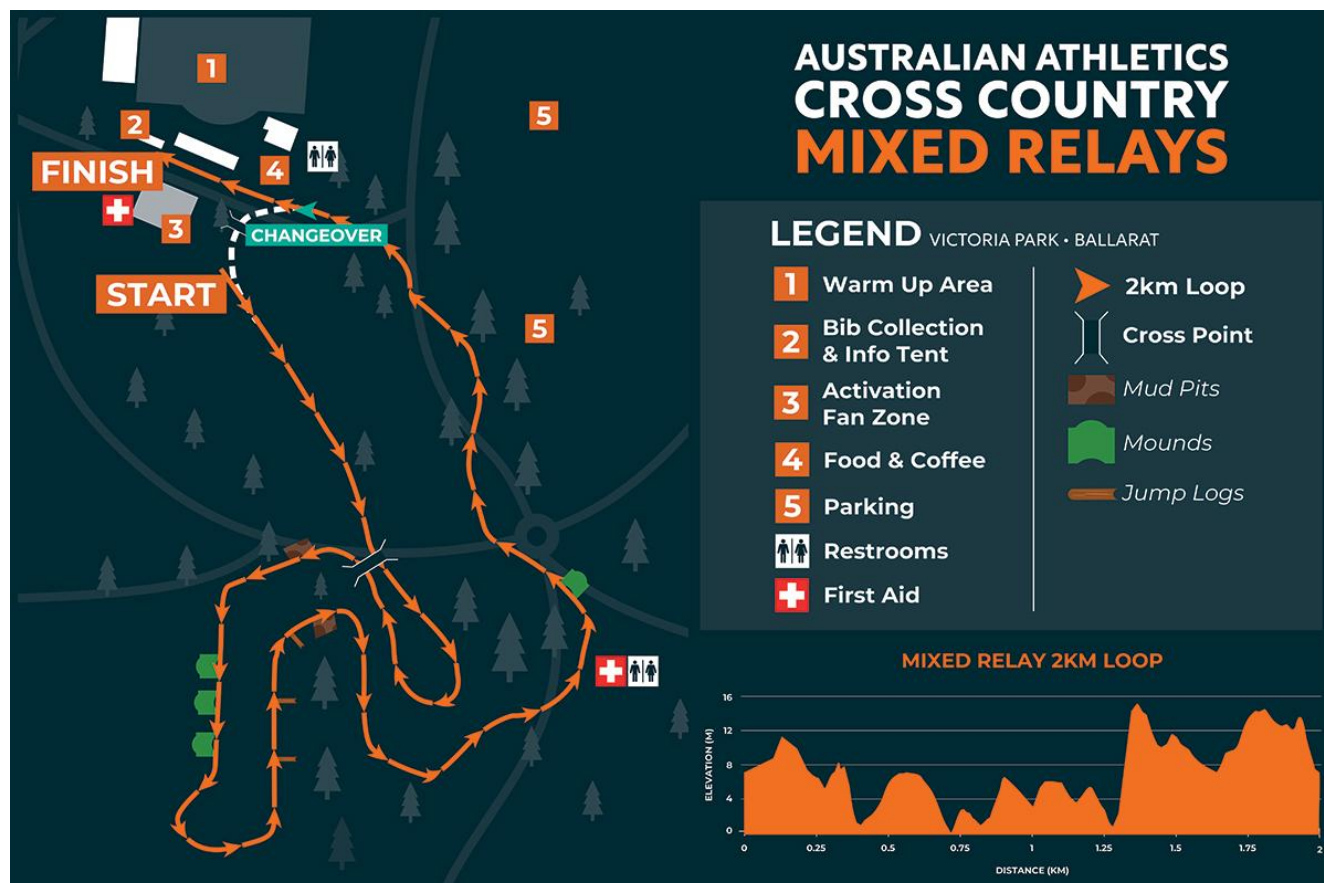
Each team will be provided with a final time and place. Individual athlete split times will not be provided.



11 Start Line Draw

There will be no lane draw.

12 Course



13 Call Room Procedures

There will be a call room/marshalling area in operation. All teams are required to enter the Call Room at the same time 15 minutes prior to their event.

In the Call Room, athletes will be expected to demonstrate that their competition uniform and bibs, shoes and other equipment comply with the competition rules. Athletes will leave the Call Room ready to compete.

In exceptional circumstances competition management may allow athletes to take warm clothing to the start line. If this is allowed, it will be advised at the Call Room and the athletes will be responsible for retrieving their own clothing from the start line or passing it to a support person.

14 Warm-up

Warm-up may be conducted on the course prior to the start of the first relay race of the day. Thereafter no warm-up is permitted on the course and must be undertaken on adjacent areas.

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15 Water

Water will be available for athletes in the finish area. There will not be any refreshment station on the course.

16 Amenities

Toilet facilities for athletes, officials and spectators will be available at the venue.

Food trucks and coffee vans will be onsite.

17 Medical

First Aid will be set up for anyone requiring treatment at the finish line area. Each Team Manager should have in their possession a copy of emergency contact information for all athletes in their team and should be carrying their own first aid kit.

Athletes in all age groups who have been medically prescribed 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.

Australian Athletics asks that teams and individuals refrain from setting up physiotherapy and massage tables in key access areas and areas that are used for emergency exits. Teams are responsible for their own physio etc.

18 Post Event Procedures

At the conclusion of each event, athletes must pass immediately through Post Event Control located near the finish line.

19 Medal Presentations

Medal presentations will be made as soon as possible after the event. To assist with this, members of all teams winning medals are asked to remain at the finish line after their last athlete finishes. Each athlete must wear either their competition singlet or tracksuit top for the presentation.

University team medals are provided by UniSport Australia if there are teams. This competition is concurrent with the open race.

20 Protests & Appeals

These must be lodged initially with the relevant Referee as per World Athletics Rules (WA TR8).

Appeals to the Jury can be made after a Protest to the Referee is dismissed, are to be made in writing on the appropriate form and lodged with the \$50 fee. Appeals may be lodged by either

the athlete or athlete's representative (usually the Team Manager) and are to be lodged in the TIC.