

**WORLD ATHLETICS  
CROSS COUNTRY  
CHAMPIONSHIPS  
BATHURST 23**

# TEAM MANUAL

(as at 1 February 2023)

New information is indicated with two lines on the right side of the paragraph



**WORLD  
ATHLETICS™**

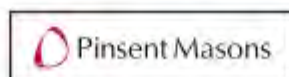
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## 1. GENERAL INFORMATION

### 1.1 World Athletics Council Members and International Officials

#### WORLD ATHLETICS COUNCIL

President	Sebastian COE (GBR)
Senior Vice-President	Sergey BUBKA (UKR)
Vice-Presidents	Geoff GARDNER (NFI) Nawaf AL SAUD (KSA) Ximena RESTREPO (COL)
Individual Members	Alberto JUANTORENA DANGER (CUB) Nawal EL MOUTAWAKEL (MAR) Abby HOFFMAN (CAN) Dahlan AL HAMAD (QAT) – Asia* Hamad KALKABA MALBOUM (CMR) – Africa* Anna RICCARDI (ITA) Sylvia BARLAG (NED) Hiroshi YOKOKAWA (JPN) Antti PIHLAKOSKI (FIN) Adille SUMARIWALLA (IND) Nan WANG (CHN) Willie BANKS (USA) Raul CHAPADO (ESP) Dobromir KARAMARINOV (BUL) Beatrice AYIKORU (UGA) Mike SANDS (BAH) – NACAC* Hélio GESTA DE MELO (BRA) – South America* Robin Sapong EUGENIO (NMI) – Oceania* Renaud LAVILLENIE (FRA) – Athletes' Commission Chairperson Valerie ADAMS (NZL) – Athletes' Commission Representative

*\*Area representative*

#### International Delegates and Officials

Technical:	Khan SHARP (AUS)
Medical Delegate	Paolo Emilio ADAMI (ITA)
Anti-doping Delegate	Richard DRISCOLL (GBR)
Press Delegate:	Zacharias VAILAKIS (GRE)
Jury of Appeal:	Beatrice AYIKORU (UGA) Anne LORD (AUS) Trevor SPITTLE (NZL)

### 1.2 Local Organising Committee

Organising Member and LOC:	Athletics Australia Athletics House Level 2, 31 Aughtie Drive, Albert Park Victoria, Australia 3206 <a href="http://www.athletics.com.au">www.athletics.com.au</a>
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LOC General Manager:

Richard Welsh  
[richard.welsh@athletics.org.au](mailto:richard.welsh@athletics.org.au)  
+61 409 820 248

Teams Contact Email:

[anthony.curry@athletics.org.au](mailto:anthony.curry@athletics.org.au)

### 1.3 General Programme

#### GENERAL PROGRAMME

Thursday, 16 February	All day 14:00 – 17:00	Team Arrivals and Accreditation Athletes' training on the course
Friday, 17 February	All day 12:15 12:30 14:00 – 17:00 14:00 – 16:00 08:00 – 13:00 17:30 – 19:30 TBC	Team Arrivals and Accreditation Traditional Owners Smoking Ceremony* (Village) World Athletics / LOC Press Conference Rydges Hotel Athletes' training on the course Course Inspection and Technical Delegate availability Mass Participation Races Mass Participation Races World Athletics / LOC Welcome Dinner
Saturday, 18 February	08:30 15:00 15:30 16:10 16:50 17:30 18:30 19:10	Mass Participation Races and WMA Relay Championships Opening Ceremony 8km Mixed Relay 6km U20 Women 8km U20 Men 10km Women 10km Men Medal Ceremonies
Sunday, 19 February	All day 07:00 – 15:00	Team Departures WMA Short Course Championships and Mass Participation Races

Athletes and Team Officials are welcome to enter any of the Mass Participation Races for which they are eligible.

\*The Smoking Ceremony is a traditional welcome to guests on the land on which the World Championships will be contested. Teams are encouraged to attend. Specific details will be provided closer to the Championships and on arrival.

## 2. TRAVEL TO BATHURST

### 2.1 Official Airport and Arrival Information

Sydney International Airport (SYD) is the official Airport for the Championships. According to the official period, arrival in Bathurst should be on Thursday 16 February and departure should be on Sunday 19 February. If you are planning on arriving early and would like to discuss alternate transport arrangements, please contact Lisa Sams at [lisa.sams@speventlogistics.com](mailto:lisa.sams@speventlogistics.com).

A Welcome Desk will be set up at Sydney International Arrival Terminal, Arrivals Hall A to meet and greet all athletes and officials arriving into Sydney. All Teams should make their way to the Welcome Desk to receive further assistance & instructions for their onward travel to Bathurst.

Transport to Bathurst is approximately 3.5 to 4 hours by bus. The type of vehicles will vary depending on size of each arriving group - there will be a mix of coaches, shuttles and cars. Water & snacks will be provided prior to boarding and one rest / amenity stop will be provided on the journey to/from Bathurst.

Arrivals and Departures contact person: Lisa Sams  
Email: [lisa.sams@speventlogistics.com](mailto:lisa.sams@speventlogistics.com)

### 2.2 Entry Visas

Under Australia's universal visa system, **all visitors** to Australia must have a valid visa to travel to and enter Australia (other than New Zealand passport holders)  
Please refer to Circular M/52/22 for detailed information

### 2.3 Insurance

All Member Federations are responsible for subscribing to an insurance policy that covers medical expenses and personal assistance in case of illness and/or injury to any members of their delegation and/or team travelling to and from World Athletics competitions and during the event itself. Furthermore, proof of such insurance is now required in most cases to obtain visas, e.g. in the Schengen area.

As in past years, World Athletics will negotiate an offer with its insurance company the details of which will be provided to Member Federations shortly.



### **3. ACCREDITATION**

#### **3.1 Accreditation Centres**

##### **3.1.1 Team Accreditation Centre**

The Team Accreditation Centre (TAC) will be located at Charles Sturt University (CSU), CPD building room 84

Opening Dates and Times will be as follows:

15 February 09:00 – 20:00  
16 February 09:00 – 20:00  
17 February 09:00 – 20:00

WA/LOC Administrative Office

15 February 14:00 – 19:00  
16 February 09:00 – 13:00 / 14:00 – 20:00  
17 February 09:00 – 13:00 / 14:00 – 20:00  
18 February TBC

##### **3.1.2 Main Accreditation Centre**

The Main Accreditation Centre (MAC) will be located at the Mount Panorama Venue in the Driver's Briefing Room.

Opening Dates and Times will be as follows:

13 February 09:00 – 13:00 / 14:00 – 19:00  
14 February 09:00 – 13:00 / 14:00 – 19:00  
15 February 09:00 – 13:00 / 14:00 – 19:00  
16 February 09:00 – 13:00 / 14:00 – 19:00  
17 February 09:00 – 13:00 / 14:00 – 19:00  
18 February 08:00 – 15:00

#### **3.2 Accreditation Procedures and Payments**

##### **3.2.1 Team Leader**

The Team Leader will have to report to the WA / LOC Office near the accreditation centre before collecting their card in order to complete the following formalities:

- LOC Accommodation Invoice
- Travel Reimbursement
- WA Financial Statement
- Final Confirmation of Entries
- Bibs and Special Passes Collection

The Team Leader will be asked to complete the accounting procedures and settle any extra payments (for team members above quota, use of single rooms, extra days, etc.) before collecting the accreditation card, which will be given upon the presentation of a document stating all procedures have been completed.

To shorten procedures and avoid delays, it is requested that teams settle payment prior to arriving in Bathurst. The LOC Finance Team will get in contact with all teams about settling their accommodation invoice in advance of their arrival.

##### **3.2.2 Athletes & Team Officials**

All athletes and team officials will be able to check-in upon arrival at Charles Sturt University (CSU) or alternate hotel / accommodation according to the information provided with the final entries

(Accommodation Reservation and Rooming List in EES).

### **3.3 Quota and Financial Support**

The financial Quota by Member Federation, and the financial support offered by WA / LOC, was detailed in the WA M/52/22-Circular Letter. The Quota chart can be found in Appendix A.

Reimbursements will be made by bank transfer after the competition.

If an athlete for whom the WA / LOC have provided financial support is on site but does not compete, the WA / LOC have the right to reclaim the travel and accommodation support.

### **3.4 Arrivals outside the Accreditation Centre Opening Times**

Teams or individual athletes arriving prior to 16 February will be handled on a case by case basis. However, the information must have been entered in EES so that the LOC is informed in advance to consider alternative arrangements.

For those arriving outside accreditation opening hours, accreditation will be done as soon as possible after arrival.

### **3.5 Accreditation Card**

Personal accreditation badge must be worn around the neck, with the individual photo and name clearly visible, at all times in all public spaces, and must be presented upon request. They are personal and non-transferable. The loss or theft of an accreditation card must be reported immediately to the accreditation centre or Competition Information Desk in the hotel. In order to obtain new accreditation, the person in question, accompanied by the team leader and carrying an appropriate identification document, must request it personally at the Team Accreditation Centre (CSU) or Main Accreditation Centre (Mount Panorama Venue)

Any Accreditation Card found being used by someone who is not its owner will be confiscated and its owner will be subject to sanction including possible ineligibility for their competitive participation in the Competition.

## 4. ACCOMMODATION

### 4.1 Teams Accommodation

The LOC has arranged athlete and team officials' accommodation at Charles Sturt University (CSU) – Accommodation will be in single rooms, with shared bathroom and toilet facilities. A limited number of single rooms with ensuite is available on a first come, first served basis and limited to 1 per Member Federation.

Village CSU is a short walk to the course with comfortable beds and locally sourced delicious food – all dietary requirements catered for. The Village will include:

- Social hub for athletes to meet, relax and partake in organised cultural activities and excursions
- Food hall for all meals
- Medical spaces with access to physiotherapy, massage and medical services
- Gymnasium
- Outdoor recreation space
- Team liaisons and Competition Information Centre

See more about CSU Bathurst at <https://about.csu.edu.au/locations/campuses/bathurst>

Please be aware that CSU service outlets such as the store and post office are “cash free”, so athletes and team officials will need to bring credit or debit cards if they wish to access these services.

If accommodation at CSU is not sufficient, alternate accommodation will be available at:

- Havannah Accommodation: <https://www.havannahaccommodation.com.au/>
- Mantra Bathurst: <https://mantrabathurst.com.au/>

Accommodation contact person: Fiona Connor

Email: [fiona.connor@speventlogistics.com](mailto:fiona.connor@speventlogistics.com)

### 4.2 Teams' Hotels Charges

#### Costs

Charles Sturt University (CSU) – Bathurst Campus – only during official period

All Prices per person per day - Full Board	Official Period Check-in 16 February Check-out 19 February (3 nights)	
	Sharing bathrooms	Single with ensuite*
Athletes within the quota	Paid by LOC	50 USD
Athletes above the quota and all Team Officials	120 USD	190 USD
Extra Officials (above 55%)	170 USD	220 USD

Havannah Accommodation and Mantra Bathurst (all rooms with ensuite bathrooms) – only outside Official Period and/or in case of insufficient space at the University during official period (at the same cost as the University)

All Prices per person per day - Full Board	Outside Official Period	
	Twin	Single
All Team members	170 USD	220 USD

The accommodation invoices will be based on the information (number of persons and arrival/departure details) provided at the closing date for the Final Entries, with a tolerance of two persons. Payment of extra costs can be made:

- By credit card: MasterCard or Visa
- In cash: Australian Dollars
- In advance: Bank transfer – please contact Athletics Australia Finance
  - Email: [accounts@athletics.org.au](mailto:accounts@athletics.org.au)

#### 4.3 Check-in Procedures

Upon arrival, team members must report to the Championships Welcome Desk located at CSU, inside the Team Accreditation Centre where, according to the rooming list previously provided, dedicated check-in procedures will be completed and the room keys provided. Passports will be required for check-in.

#### 4.4 Services at Charles Sturt University (CSU)

Dedicated rooms for teams' physiotherapy staff and team meetings will be available at Charles Sturt University (CSU). Meeting rooms can be booked at CSU accommodation help desk.

#### 4.5 Meals

Athletes and team officials will be admitted to the restaurant upon presentation of their accreditation.

The timetable for meals is:

Day	Breakfast Time	Lunch Time	Dinner Time
Thursday 16		11:30-15:00	17:30-21:00
Friday 17	06:00-09:30	11:30-15:00	17:30-21:00
Saturday 18	06:00-09:30	11:00-15:00	17:00-20:00
Sunday 19	06:00-09:30		

A Final Party will take place on Saturday 18 February at 20:30 at Charles Sturt University (CSU).

Those staying in Havannah Accommodation will be served their meals at CSU. Transportation will be organised according to the above timetable

## 5. TRANSPORTATION

### 5.1 General

The LOC has planned transportation to and from Sydney International Airport for arrivals and departures, from each accommodation site for training & competition and for special functions for all Athletes and Team Officials during the official period 16-19 February.

If you plan on arriving prior to the official period, you have the following options for transport from Sydney International Airport to Bathurst.

1. Stay in Sydney (at your own cost) and access official transport shuttles on the 16 February
2. Hire a coach – we can arrange transport on the day you wish to travel to Bathurst (at your own cost). All bookings must be paid for in advance of travel. If you would like to confirm a booking, please provide the following information to Kate Tallentire at [kate.tallentire@speventlogistics.com](mailto:kate.tallentire@speventlogistics.com) for the booking to be confirmed:
  - Country/Member Federation
  - Key contact details
  - Number of team members travelling
  - Date / time of travel to Bathurst from Sydney International Airport
3. Train – Sydney International Airport to Bathurst via Central Station
  - Regular trains from Sydney International Airport to Central Station for a connecting train to Bathurst.
  - For train times from Sydney International Airport, please click here [AirportLink Pty Ltd - Home Page](#)
  - To plan your trip based on your arrival time, it is recommended to use [Trip Planner | transportnsw.info](#)

A dedicated team will be assigned to ensure that all transportation requirements for Teams are met according to the necessary schedules. Buses and cars will be identified with a sign in the front window with the Championship Logo. Daily coordination will be ensured in case of any changes through the Competition Information Desk.

Schedules for all transport services will be displayed at the Competition Information Desk at CSU and alternate accommodation.

Transport contact person: Kate Tallentire

Email: [kate.tallentire@speventlogistics.com](mailto:kate.tallentire@speventlogistics.com)

### 5.2 Course Inspection and Training at the Competition Venue

The following official training sessions have been scheduled at the course:

- Thursday, 16 February 14:00-17:00
- Friday, 17 February 14:00-17:00

The course inspection will be conducted on Friday. Guides will be available to conduct tours at 2:00 and 4:00pm. LOC personnel will be available at the start/finish line during the whole period to assist with questions. Athletes and team officials may inspect the course unaccompanied.

On both days, buses will leave the University at 13:00 for the Course. Departure back from the Course (for all athletes and officials) will be from 16:30.

### 5.3 Competition

Transport Schedule to and from the Course shall be displayed at the Competition Information desk at

CSU.

## 6. INFORMATION CENTRES

### 6.1 Technical Information Centre (TIC)

During the competition, a Technical Information Desk will be set-up at the course. It will be located adjacent to the teams' changing area and shall deal with any competition-related enquiry during the races, including protests and appeals. A posting board will be available for the display of start lists, results (partial and final), etc.

#### Opening Hours

16 February - 12:00 – 18:00

17 February - 09:00 – 18:00

18 February - 08:00 – 20:00

### 6.2 Competition Information Desk (CID)

Competition Information Desks will be available at CSU. They shall be in charge of, but not limited to, the following:

- Display on the relevant Posting Board of official communications to the teams, including Start Lists, Results, etc.
- Distribution of Urgent notices to the Delegations. It is the Team Leader's duty to check with the Competition Information Desk whether there is any information for his team to be collected.
- Distribution of information for issues relating to accommodation, meals, transport and the Competition in general

The above information will be displayed on a notice board at the Welcome Desk at the alternate hotels / accommodation.

#### OPENING HOURS

15 February – 12:00 – 20:00

16 February – 07:00 – 10:00 / 18:30 – 21:00

17 February - 07:00 – 10:00 / 18:30 – 21:00

18 February - 07:00 – 14:00

19 February – 07:00 – 13:00

### 6.3 WA Competitions Department

Staff from WA Competitions Department will be in Bathurst to assist the LOC with the final preparation and conduct of the Championships and the teams with their participation. They can be contacted as follows:

- 15-17 February WA Administrative Office at Charles Sturt University
- 18 February In the Call Room or at the Start / Finish Area – can be contacted through the TIC

## 7. COURSE AND COMPETITION FACILITIES

### 7.1 Course (see maps in Appendix B)

The competition venue is located at Mount Panorama, approximately 1km South from Bathurst. It is a creative but very demanding course that will test all participants' strength and endurance.

The course is a 2km loop with variable width of 6m covered in grass and it has a 180m appendix as final straight. It has a cumulative elevation gain per lap of 58m. The course map is attached in Appendix B.

The race will be run in clockwise direction and, will make up the following laps for the five races:

Race	Number of laps
U20 Women	3
U20 Men	4
Senior Women	5
Senior Men	5
Mixed Relay	4

### 7.2 Warm-Up Area

A large area is located near the team changing area and will serve as warm-up area prior to the event. Access will be reserved to team members only.

### 7.3 Start / Finish Area

All necessary facilities will be located between the bus drop-off point and the start area. After the race, and after having passed through the mixed zone where athletes will also return the transponders, they will return to the Call Room to collect their clothing.



## 8. ENTRIES AND FINAL CONFIRMATIONS

### 8.1 Entry Regulations (except Mixed Relay)

In all races a Member Federation may enter a maximum of eight athletes; no more than six shall be allowed to start in the race with four to score.

Individual entries are admitted, and the finishing athletes shall be eligible for the corresponding individual awards (senior races only).

### Entry Regulations Mixed Relay

In the Mixed Relay, a Member may enter a maximum of four men and four women; of whom two men and two women will compete.

### 8.2 Final Entries

WA on-line Event Entry System will open on 7 January 2023 for the Final Entries (<http://evententry.worldathletics.org>). The deadline for completing and submitting the Entries is 6 February 2023 (midnight Monaco Time).

Should you encounter difficulties when submitting your Entries electronically, please contact the World Athletics Team Services for assistance by email: [teamservices@worldathletics.org](mailto:teamservices@worldathletics.org)

### 8.3 Final Confirmations

Final Confirmation of Entries for all events must be made, at the latest, by 12:00 (noon) on Friday, 17 February 2023 to World Athletics at the Administrative Office. In case of late arrivals on 17 February, Member Federations must confirm the athletes by email to [statistics@worldathletics.org](mailto:statistics@worldathletics.org).

### 8.4 Athlete Acknowledgement and Agreement

Each athlete competing in a World Athletics Series Competition must sign the Athlete Agreement electronically. To do so Member Federations are required to enter in the online EES the individual email address of each participating athlete from their team beforehand. If on the EES an athlete is indicated as having already signed their Athlete Agreement electronically then there is nothing more to do. For athletes who have not signed, World Athletics will directly email each athlete to sign their Athlete Agreement electronically. World Athletics will send specific instructions concerning the electronic signature process separately. The Athlete Agreement must be signed by no later than Tuesday 7 February 2023.

If an athlete or Member Federation experiences any issue with the process, they should contact [athleteagreement@worldathletics.org](mailto:athleteagreement@worldathletics.org). Please note that paper forms of the Athlete Agreement will **NOT** be collected on site except for Athlete Agreements concerning under 18s.

## 9. COMPETITION PROCEDURES

### 9.1 Course Inspection

Guided tours of the course will be conducted on Friday 17 February. Guides will be available to conduct tours at 2:00pm and 4:00pm. LOC personnel will be available at the start/finish line during the whole period to assist with questions. Athletes and team officials may inspect the course unaccompanied.

### 9.2 Timetable

The timetable for Bathurst was approved by World Athletics Council and is provided below:

#### Saturday 18 February 2023

15:30	X Mixed Relay
16:10	W U20 Race
16:50	M U20 Race
17:30	W Senior Race
18:30	M Senior Race
19:10	Medal Ceremony – Mixed Relay
19:15	Medal Ceremony – U20 Women (individual)
19:20	Medal Ceremony – U20 Women (team)
19:25	Medal Ceremony – U20 Men (individual)
19:30	Medal Ceremony – U20 Men (team)
19:35	Medal Ceremony – Mixed Relay
19:40	Medal Ceremony – Women (individual)
19:45	Medal Ceremony – Women (teams)
19:50	Medal Ceremony – Men (individual)
19:55	Medal Ceremony – Men (teams)

Any change to the schedule of the races or of the medal ceremonies shall be communicated on site.

### 9.3 Mixed Relay

The relay will consist of teams of 2 men and 2 women each running one loop of the course (first and last loop are a little bit longer than the others). The order of running is Man-Woman-Man-Woman. The final composition of the team and the running order must be declared at the TIC by **14:00 on 18 February** (no later than one hour before the Call room time for the Relay). The Declaration Forms will be distributed at the Accreditation Centre and will also be available at the TIC on the day of the event.

All the athletes of a team will enter the Call Room at the same time.

Athletes must carry on their wrist or in their hands a wristband that will be transferred to the next athlete within the takeover zone.

The takeover zone will be 1 20m long of which the scratch line is the centre. Entrance and exit of the takeover zone will be marked with small flags or cones.

Scoring for the relay will be according to the finishing order.

### 9.4 Athletes' Bibs

All athletes will receive 3 bibs, each one carrying the athlete's name.

All the bibs for each athlete shall be distributed during the Accreditation procedure. Bibs which are not collected shall be taken to the Call Room on Saturday morning.

Bibs must be worn in accordance with World Athletics Rules and must not be cut, folded or obscured in any way. Failure to comply with the Rules may result in a disqualification or sanction.

## 9.5 Athletes' Clothing

All national team kit must be submitted via an online form [available on this link](#). Please remember to and remember to upload images of your kit when completing the form. You must submit your kit for approval by 06 January 2023. Further information on the approvals process can be found in Circular M/56/22. Please note that where World Athletics approves it (including any accessories) you have submitted on the condition and expectation that your athletes will wear the approved kit (including any accessories) issued by you to your team. Please remind your athletes if they wear any other kit (including accessories) (e.g. personal kit) then all logos (including the brand) on that kit may either be taped over or the athlete, at any time, may be instructed by any official (not just the call room officials) to remove the accessory or take other action so that the logo(s) on that kit is (are) not visible. There will be extra scrutiny given to the sizes and positioning of logos on kit.

If you have any questions, please e-mail [kitapprovals@worldathletics.org](mailto:kitapprovals@worldathletics.org).

### *World Athletics and WXC Bathurst23 Logos*

- The use of all World Athletics and event logos is possible only with the written permission from World Athletics. If you intend to use any of these logos for any purpose i.e. on any printed or digital material, you must seek World Athletics' approval prior to their usage. Such request must be received by World Athletics ([brand@worldathletics.org](mailto:brand@worldathletics.org)) prior to production of the material.

For WXC Bathurst 23, the Official Partners are the following:

World Athletics Partners: ASICS, SEIKO

World Athletics Media and Media Distribution Partners: TBS, EBU, ESPN

World Athletics Suppliers: Mondo, Pinsent Masons

National Public Institution: Athletics Australia, Visit NSW, NSW Government

LOC Partner: Rio Tinto

## 9.6 Call Room Procedures

The Call Room is situated at the exit of the teams' changing area. All athletes must present themselves at the Call Room not later than 25 minutes before the start of each race and according to the scheduled reporting times as noted below:

Event	Call Room		All Athletes in Holding Area	Arrival at Start Area	Start
	Open	Close			
Mixed Relay (8000m)	14:50	15:15	15:22	15:24	15:30
U20 Women (6000m)	15:30	15:55	16:02	16:04	16:10
U20 Men (8000m)	16:10	16:35	16:42	16:44	16:50
Women (10000m)	16:50	17:15	17:22	17:24	17:30
Men (10000m)	17:50	18:15	18:22	18:24	18:30

Athletes who fail to appear on time at the Call Room without a valid reason may be excluded from participating.

Team officials are not allowed to enter the Call Room.

The procedures in the Call Room shall be as follows:

- Identification of Athletes by means of their accreditation and bib number
- Distribution of the transponders
- Checking of Athletes' Uniform

Athletes must be report to the Call Room wearing their competition uniform and **ready to compete**. Any bags, clothing or personal belongings must be left in the changing area. In case of cold weather athletes shall be allowed to take with them their uniform's track suit top and / or trousers which they will then have to drop-off in the Call Room. Athletes will have to collect their clothes in the Call Room after their competition.

After leaving the Call Room, athletes will move directly towards the Start Area where there will be the opportunity for a last warm-up on the course.

### **9.7 Line up for the Start**

The Technical Delegate will determine the teams and athletes who will be in the front row. The remaining teams and athletes shall line up behind the front row at random.

There will be pre-calls at 5 minutes, 3 minutes and 1 minute before the start.

### **9.8 Starter's Commands**

The starter's commands will be given in English. The following commands will be used:

- "On your marks"
- Firing the gun

### **9.9 Timing**

Official timing will be provided by SEIKO with transponders. Two transponders will be delivered to each athlete before entering the call room. Athletes must wear one transponder on each shoe. Technical Officials will help athletes to place the transponders. At the exit of the Call Room, a control mat will be placed in order to check the good functioning and placement of the transponders.

There will be three split timing points provide by SEIKO at Bondi Beach, Billabong, Vineyard – these will be reference locations based on points of interest on the course – not at particular distance intervals.

### **9.10 Post Competition Procedures**

All athletes, upon completion of their event, must proceed to the Mixed Zone located just ahead of the finish line, where they will meet with media for flash interviews.

At the end of the Mixed Zone:

- Athletes shall be asked to return the transponder. Athletes who do not finish the race must return their transponders to Post Event Area (or to a Competition Official if this is impractical). Member Federations will be invoiced for any transponder not returned.
- Athletes selected for doping control shall be notified by a doping control officer.
- Medal winners shall be notified accordingly and eventually escorted to the Medal Ceremonies waiting area.

Flash interviews with TV and radio will be conducted immediately after each race in the Mixed Zone, followed by short interviews with written press.

### **9.11 Scoring and Ties**

In all races (except the mixed relay) four finishers shall score.

Each race shall be scored separately. The team results shall be decided by the aggregate of places recorded by the scoring athletes of each team. The team with the lowest aggregate of points will be judged the winner. If a team fails to finish with a complete scoring team, the runners finishing shall be counted as individuals in the race result and be eligible for the individual awards.

In assessing the aggregate, no adjustment to the scoring of the finishing teams shall be made in respect of any non-scoring team runners or of individual entries.

In the event of a tie, it shall be resolved in favour of the team whose last scoring member finishes nearer to first place.

Scoring for the Mixed Relay shall be by finishing order of the team.

### **9.12 Medal Ceremonies**

Gold, Silver and Bronze medals shall be presented to the first, second and third placed athletes in each individual event and placed teams respectively, who shall mount the awards podium.

Participants who did not finish the race or were disqualified shall not mount the awards podium and shall not receive a medal.

The athletes must wear their delegation's official uniform at Medal Ceremonies. During the playing of the anthem and the raising of the flags, they shall face the flags and conduct themselves in a dignified manner at all times.

All Medal Ceremonies will be conducted together on the Main Stage next to the Start/Finish Area at the conclusion of the last race of the day.

### **9.13 Protests and Appeals**

Protests and Appeals will be handled according to Rule 8 of the Technical Rules. Protests and appeals have to be submitted via the Virtual TIC and be handled by the TIC at the course.

#### **9.13.1 Protests**

Protests concerning the result or conduct of an event shall be made within 30 minutes of the official announcement of the result of that event. The Organising Committee of the competition shall be responsible for ensuring that the time of the announcement of all results is recorded.

Any protest shall be made verbally to the referee, by an athlete, by someone acting on his behalf or by an official representative of a team. Such person or team may protest only if they are competing in the same round of the event to which the protest (or subsequent appeal) relates. To arrive at a fair decision, the referee should consider any available evidence which he thinks necessary, including a film or picture produced by an official video recorder, or any other available video evidence. The referee may decide on the protest or may refer the matter to the jury.

If the referee makes a decision, there shall be a right of appeal to the jury. Where the referee is not accessible or available, the protest should be made to him through the Technical Information Centre.

#### **9.13.2 Appeals**

An appeal to the Jury of Appeal must be made within 30 minutes:

- a) of the official announcement of the amended result of an event arising from the decision made by the referee; or
- b) of the advice being given to those making the protest, where there is no amendment of any result.

It shall be in writing, signed by a responsible official on behalf of the athlete or team. In case of appeals lost, the USD \$100 fee will be deducted by World Athletics from the Member Federation's account.

Note: The relevant referee shall, after his decision on a protest, immediately inform the TIC of the time of the decision. If the referee was unable to communicate this verbally to the relevant team(s) /athlete(s), the official time of the announcement will be that of the posting of the amended results or of the decision at the TIC.

#### 9.14 Competition Awards

The Prize Money at the World Athletics Cross Country Championships will be as follows:

Senior Races:

<u>Individual</u>				<u>Team</u>			
1 <sup>st</sup>	USD 30,000	4 <sup>th</sup>	USD 7,000	1 <sup>st</sup>	USD 20,000	4 <sup>th</sup>	USD 10,000
2 <sup>nd</sup>	USD 15,000	5 <sup>th</sup>	USD 5,000	2 <sup>nd</sup>	USD 16,000	5 <sup>th</sup>	USD 8,000
3 <sup>rd</sup>	USD 10,000	6 <sup>th</sup>	USD 3,000	3 <sup>rd</sup>	USD 12,000	6 <sup>th</sup>	USD 4,000

Mixed Relay (per Team)

1 <sup>st</sup>	USD 12,000
2 <sup>nd</sup>	USD 8,000
3 <sup>rd</sup>	USD 6,000
4 <sup>th</sup>	USD 4,000

Payments will be made following confirmation of doping control tests and submission of complete Award Forms, with full bank details.

#### Rights and Obligations in Relation to the Prize Money

Athletes must confirm that they will make themselves available for promotional activities as set out in the Athlete Agreement.

If an athlete's Doping Control results return positive, the awards and bonuses won will be withheld.

## **10. MEDICAL SERVICES**

### **10.1 General Plan**

Medical services will be provided in all official venues starting from 16 February and until 19 February. On course medical and physiotherapy services will be available during all athlete training and competition between 16 and 19 February.

The Chief Medical Officer and Head of Medical services will be in direct communication by mobile. Contact numbers and emergency phone number will be provided to the teams.

A finish line medical polyclinic and fully-equipped emergency ambulances will be available on site during the competition. Ambulances will also be available on-call for hotels and other venues 24 hours a day. In case of emergency ambulances can be contacted by dialling 000.

### **10.2 Medical Services in the Teams' Hotels**

During the event there will be a clinic open at the Charles Stuart University offering sessions of a General Practice Medical clinic and physiotherapy services. This clinic will operate on a sessional basis, times to be advised. A doctor on call will be available 24 hours during clinic closing times.

Charles Sturt will also hold physiotherapy clinics at designated times, running concurrently with the medical clinic. Out of those hours the room will be open for team medical staff 24 hours a day.

In the other team hotels, a physiotherapy room will be provided for the teams to set-up their own massage beds.

### **10.3 Medical Services at the Course**

During the competition, emergency medical teams and ambulances will be stationed on the course and at the finish line. An acute response Medical Centre will be set up near the finish line. A Recovery Centre will also be in place with an additional Medical facility operating close to the team areas.

### **10.4 Procedures in case of injury or illness**

In any case of injury or illness, please report to the LOC Doctor on call (the contact number to be advised), to the LOC Medical centre at the course or at the Clinic at Charles Sturt University in order to receive the necessary treatment.

The LOC Medical Services will provide a first aid treatment. Patients requiring further treatment shall be transferred to a local hospital.

### **10.5 Physiotherapy and Massage Services provided by the LOC**

Medical services including physiotherapy services will be offered by the LOC at Charles Sturt University and at the competition site on the days of competition and the training days for those teams that do not have their own medical and physiotherapy staff.

### **10.6 Designated Medical Institutions**

The designated local hospital is Bathurst Health Service (5.3 km away from the competition venue). Bathurst Health Service has been designated to treat emergency situations.

## 10.7 Other Information

Some emergency medications will be available and can be dispensed by the LOC doctors. Team doctors will not have prescribing rights within Australia; however, LOC Medical staff will be in a position to provide prescriptions to teams for additional medications should they be required.

Australia has strict border control regulations. Please review the following web site to ensure your imports are not in breach of these regulations. <https://www.abf.gov.au/importing-exporting-and-manufacturing/importing/how-to-import/overview>

Changes in COVID presentations internationally may require some teams to have a negative Polymerase Chain Reaction (PCR) test prior to leaving Australia. Teams that require this test should contact the Head of Medical Services at [ptrethowan@gmail.com](mailto:ptrethowan@gmail.com) prior to leaving their country to arrange this test. The LOC takes no responsibility for Teams that are unable to travel due to their PCR status. Tests will be provided on a user pays basis.

## 10.8 Climate and local fauna

Bathurst has a warm, dry summer climate, and may experience temperature ranges between 14 – 28 degrees Celsius. It is recommended that teams are prepared for this warmer weather.

The regional nature of this event may expose teams to the local wildlife. While these animals and reptiles may appear cute, please remember that they are wild and teams are advised to keep a safe distance from them.

The World Athletics Medical Delegate will be available for any further request of information.

## 10.9 No needles policy

During World Athletics Series events, (from the moment that accommodation village opens prior to the event, through to the formal closure of the same accommodation), any injection to an athlete's body of any substance:

1. must be medically justified, to include physical examination by a certified medical doctor, diagnosis, medication, route of administration and appropriate documentation;
2. must respect the approved indication of the medication = no off-label administration or prescription;
3. must be administered by a certified medical professional accredited by the LOC, in an official medical facility of the event unless authorized by the World Athletics Health and Science Department Representative or Competition Medical Delegate :  
or  
administered by the Member Federation team physician in an official medical facility under the supervision of an LOC medical staff member unless authorized by the World Athletics Health and Science Department Representative or Competition Medical Delegate
4. in either option, the administration must be recorded by the LOC medical staff and the World Athletics Health & Science Department Representative. The record must include at least the athletes' information, diagnosis, medication, volume/s, and nature and route of administration. This information will be kept confidential and stored by the Competition Medical Delegate or World Athletics Health and Science Department representative. On the basis of a potential breach of this



policy, the Head of the Athletics Integrity Unit may make a documented request to the Health and Science Department to share the information collected.

5. The disposal of used needles, syringes and other biomedical material which may affect the security and safety of others, including blood sampling material and other diagnostic equipment shall conform to recognised safety standards. All such used needles, syringes and other biomedical material shall be deposited in a container provided by the LOC/event organisers within any official medical facility associated to the Event / Competition, and annotated with the names of the athlete and administering person, date and time.

6. Any violation of these Rules may constitute a violation of the World Athletics Competition Rules and Integrity Code of Conduct, or other rules, and may lead to penalties including, but not limited to, exclusion of the individual(s) concerned or, where appropriate, disqualifications and other sanctions. The Athletics Integrity Unit is responsible for investigations initiated under the Integrity Code of Conduct, and is therefore the judicial body which shall determine the process to be followed.

7. The costs of any investigations related to this rule may be charged to the Member Federation concerned.

## 11. DOPING CONTROL

Doping control will be conducted according to World Athletics Anti-Doping Rules (latest editions available on the [World Athletics website](#), Book D – Integrity & Disciplinary, D3.1) and under the supervision of the World Athletics Doping Control Delegate.

## 12. DEPARTURES

Sydney International Airport is the official port of departure. The LOC will provide buses from Team accommodation to the airport according to flight schedules. Shuttle departure times will be approximately 6-7hrs prior to flight departure time. All teams must depart Bathurst on Sunday 19 February.

Bus departure times for Sydney International airport, based on the flight information provided at the time of the Final Entries, will be displayed at the Competition Information Desk on Saturday evening. If you have any change to your departure flight, make sure you correct the information in EES immediately.

- All Member Federations are entitled to a basic quota of one male and one female athlete.
- According to the results achieved in the best two of the three previous editions of the competition, the following Member Federations benefit from a higher quota as below:

<b>Men</b>	
8	ERI, ETH, KEN, RSA, UGA, USA
7	ALG, GBR, JPN, TAN
6	BRN, CAN, CHN, ESP
5	BDI, MAR, PER, RWA
4	BOT, DEN, FRA, SUD
3	BRA, MEX, TUR, ZAM
<b>Women</b>	
8	CAN, ETH, GBR, KEN, UGA
7	JPN, PER, USA
6	ERI, ESP, FRA
5	CHN, RSA, TAN
4	ALG, BRN, DEN
3	BDI, ITA, MAR
<b>Host</b>	AUS - no Quota

- The maximum number of quota places per race remains 4 (number of scoring athletes), regardless of the number of athletes entered (applies also in case of additional quota places for Continental Champions – see below)

### **AREA CHAMPIONS**

All the Area Associations will organize Continental Cross Country Championships. For Individual and Team Area Champions participating in the corresponding four races of the World Athletics Cross Country Championships, specific travel and accommodation grants shall be administered as follows:

**Individual Competitions** – the Area Champion of each individual event shall always benefit from a 100% travel and accommodation grants.

**Team Competitions Accommodation Grant** – the Area Champions (up to a maximum of four athletes in each race) of each team event shall always benefit from the accommodation grant.

**Team Competitions Travel Grant** – the Area Champions (up to a maximum of four athletes in each race) of each team event shall always benefit from a 50% travel grant. The travel grant will be increased to 100% if:

- The following minimum number of teams competed (with four athletes to score) in the corresponding event at the Area Championships:
  - Africa 11 teams
  - Asia 9 teams
  - Europe 10 teams
  - NACAC 6 teams
  - Oceania 4 teams
  - South America 3 teams
- OR if the team in question finishes in the first half of the World Athletics Cross Country Championships. If the Champions are not entered, the benefit will not be extended to second place. The concerned Continental Associations must send the results of these competitions to World Athletics, [teamservices@worldathletics.org](mailto:teamservices@worldathletics.org), in order for the financial benefit to be implemented.

### **Mixed Relay**

All Member Federations receive a quota of two athletes for the Mixed Relay

Video of the course is available on the below link:

[World Athletics Cross Country Championships Bathurst 23 | Course Profile](#)



	SECTION	OBSTACLE / DESIGN FEATURE
1	BONDI BEACH	20m long stretch of sand, replicating Australia's famous beaches
2	OUTBACK	Undulating course rising from high to low
3	BILLABONG	Sharp corner built up on a bank with hail bales
4	BILLABONG – THE MUDPIT	Mud Pit crossing into a steep/sharp incline
5	BOOMERANG	Sharp corner with Boomerang graphic painted on the grass
6	THE WINERY	Set between the beautiful private vineyard of Mount Panorama Wines
7	PRIVATE PROPERTY, OUTBACK AUSTRALIA	Classic Australiana bushland with native gumtrees and dry grassland
8	MOUNTAIN STRAIGHT	Manicured long grass along the decline into the final stretch
9	ENTRY INTO CHICANES	Sharp U-turn embankment with car tyres as a feature of the embankment directing runners back up the hill towards the finish
10	CHICANCES	One final push, navigate uphill through the tight 'motor racing' style chicanes

Athletes	Subsidised Officials (55%)	Non-subsidised Officials (25%)
1	1	1
2	2	1
3	2	1
4	3	1
5	3	2
6	4	2
7	4	2
8	5	2
9	5	3
10	6	3
11	7	3
12	7	3
13	8	4
14	8	4
15	9	4
16	9	4
17	10	5
18	10	5
19	11	5
20	11	5
21	12	6
22	13	6
23	13	6
24	14	6
25	14	7
26	15	7
27	15	7
28	16	7
29	16	8
30	17	8
31	18	8
32	18	8

AWARD FORM (Senior Races Only)  
 WORLD ATHLETICS CROSS COUNTRY CHAMPIONSHIPS  
 BATHURST (AUS) - 18 February 2023

APPENDIX D

NAME OF AWARD WINNER			
RACE			
POSITION		GENDER	<input type="checkbox"/> M <input type="checkbox"/> F
COUNTRY			
I would like my Bathurst World Cross Championships' Award to be paid to <i>(please tick the box corresponding to your choice)</i>			
1. My Authorised Athletes' Representative	<input type="checkbox"/>	NAME::	
2. Me personally <i>(please provide details below)</i>	<input type="checkbox"/>		
3. My National Member Federation	<input type="checkbox"/>		
In case of choice 1 or 2 <i>(above)</i> , please fill in below in block letters the bank details hereunder			
BANK NAME			
BANK BRANCH ADDRESS <i>(street and number)</i>			
City		Country	
		Postal code	
ACCOUNT OWNER <i>(Beneficiary, pay to:)</i>			
ACCOUNT NUMBER			
IBAN CODE			
BANK CODE			
SWIFT CODE			
I confirm that I will make myself available for promotional activities as set out in the athlete agreement. I will be solely responsible for the payment of any taxes, duties and/or levies of any nature and will agree to hold World Athletics and its partner(s) harmless in this regard.			
Signature of the Athlete <i>(Digital signature allowed)</i>			
Please return this form before <b>18 March 2023</b> to World Athletics Email <a href="mailto:awards@worldathletics.org">awards@worldathletics.org</a>			

This form grants temporary authorisation to arrange for medical care for a minor in the event of an emergency. This form must be used where the minor is not accompanied by either parents or legal guardians and it may not be feasible or practical to contact them.

**THIS CONSENT FORM SHOULD BE TAKEN WITH THE CHILD TO THE HOSPITAL OR PHYSICIAN'S OFFICE WHEN THE CHILD IS TAKEN FOR TREATMENT.**

**Minor**

Full Legal Name: \_\_\_\_\_

Home Address: \_\_\_\_\_

Date of Birth: \_\_\_\_\_ Gender: Female \_\_\_\_\_ Male \_\_\_\_\_

Information for Medical Treatment:

Allergies to Medications or food:

\_\_\_\_\_

Special Medications, Blood Type or Pertinent Information

\_\_\_\_\_

Child's Physician \_\_\_\_\_ Phone \_\_\_\_\_

**AUTHORISATION AND CONSENT OF PARENT(S) OR LEGAL GUARDIAN(S)**

I confirm that I have legal custody of the child named above. I grant authorisation and consent to such care being given, including diagnostic procedures, any X-ray, anaesthetic, surgical and medical treatment and blood transfusions, deemed advisable by, and to be given under the general supervision of, physician, surgeon, dentist, hospital, or authorised members of other medical professional or institution duly licensed to practise in the country in which such treatment is to occur. It is understood that this authorisation is given in advance of any such care being given.

This authorisation is effective in the framework of the World Athletics Cross Country Championships taking place in Bathurst (Australia) on 18 February 2023. I acknowledge that no guarantees have been made to me as to the effect of such care given to my child. I confirm I have read this form and have been given the opportunity to seek clarification and get advice on its meaning.

Signed on (Date) \_\_\_\_\_

\_\_\_\_\_  
Signature of Parent(s) or Legal Guardian(s)

\_\_\_\_\_  
Signature of Witness

\_\_\_\_\_  
Witness Name