

Cross-Country Season

How to start or build a sustainable program

Cross-Country Program



Overview of current program:

What is the history of the program

Who is the organising body, Centre, Group, Region

Do you compete as a stand alone Centre or Group

What logistics are involved and who organises them

How do you select a venue, do you need to engage with Councils, Parks Vic to book facilities

Cross-Country Program



Overview of current program:

How do you determine the program, dates, times

What do you use to determine a suitable venue, terrain, facilities, parking, viewing areas

From the Standard distances, how do you determine the course layout, a separate course for each distance or loops

How do you collect and collate the results

Cross-Country Program



Overview of current program:

What assistance do you provide to the athletes in course management

Do you provide an inclusive environment in your structure

How do you organise the officials and duty rosters

What is your current promotion of other Centres / Groups events, Open Days, LAVic Region, LAVic State events including the Relays

Cross-Country Program



How to build upon current program:

What is the main reason the participation during Cross-Country is less than Track & Field

How can we promote Cross-Country as suitable product for all

What can we do to provide a more inclusive environment

What is the main focus of the program and what is required to improve and increase participation, fun, fitness, social interaction, team bonding

Cross-Country Program



How to build upon current program:

What impact has the Cross-Country and Road Relays had on participation and how can we build upon the interest in these events from a State level to a Centre, Group or Region level

According to AusPlay data from Sport Australia and research commissioned by Athletics Australia, 3 million Australians participate in running, making it one of Australia's largest and most popular sport and physical activity pursuits

Cross-Country Program



How to build upon current program:

How do we market Cross-Country, is the product clearly understood from the title and does this match the expected outcomes to capture the interests of our junior athletes

What other ways can we promote the product to increase awareness and participation