



Melbourne November 19–21 2010

Canon Running

C H A M P I O N S H I P



Date

SATURDAY November 20 • START 8:00am

Schedule may change

Events

MEN & WOMEN

5K -30 • 30-39 • 40-49 • 50-59 • 60+

10K -30 • 30-39 • 40-49 • 50+

More information can be found on the Entry Form available from corporategames.net.au/aus/sportevents.shtml or by calling 1300 301 418

Format

5K Flat course. 10K Flat looped course.
5K and 10K are run concurrently

Regulations

Competitors may only enter the 5km or 10km
An Individual may represent only ONE Organisation in the Games.
Entry is NOT limited to employees

Start – After check-in runners are free to warm up.
Assemble for start with slow runners moving to the back of the pack to avoid tripping.

Finish – On crossing the finish line stay in order so your time and number can be recorded. All entrants must deregister. If you do not your result will not be recorded.

The event will be held if it is raining.

Age Classes

Determined by age as of 31 December 2010
There are 5 Age Classes in Running -30 • 30-39 • 40-49 • 50-59 • 60+

Rules

AA Recreational Rules as adapted for the Corporate Games. See Running Information on page 2.

Results

1st, 2nd and 3rd placegetters in each event will receive a Card as they cross the finish which must be returned on receipt of their medal. Medal presentation will follow the finish of the event.

Official Games results are available from corporategames.net.au/aus after the Awards Dinner on November 22.

Sport Coordinator

Malvern Harriers

Sport Venue

Albert Park Lake Aughtie Dr **ALBERT PARK**

Sport Venue Control Location – Running desk Pits Building 3
See map. Venue may change.

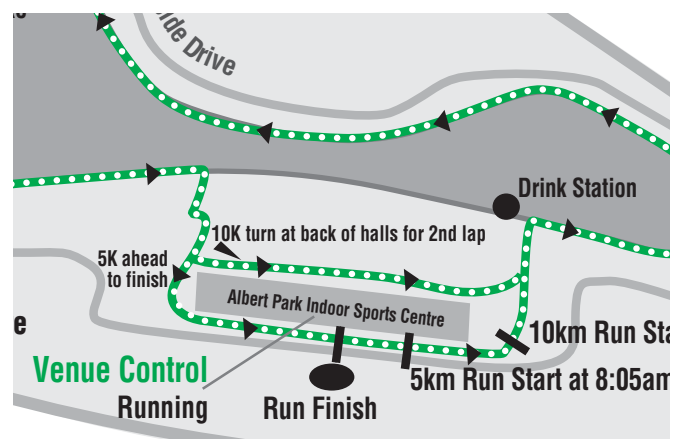
Entrants must report to Sport Venue Control at least 30mins before the start. Failure to do so may result in a forfeit.

Before competition entrants must present their validated Games ID Card and be able to show personal photo ID.

Schedule:

Check In from	6:45am
Race Briefing	7:50am at start line
Start Time	8:00am 10km runners
	8:05am 5km runners

ALBERT PARK



Entry Fee

\$50 per participant including GST

Entry Deadlines

Guaranteed Entry Deadline October 7

Only complete Entries with payment are guaranteed

Final Entry Deadline October 21

Entries received after the Guaranteed Entry Deadline are taken on a "first come" basis

Replacement or Changes Deadline After November 4 replacements and changes will be at the discretion of the Games and subject to a \$25 fee per change.

Withdrawals and Refunds Deadline Before November 4 refunds are minus \$25 per person. After November 4 no refund. Withdrawals must be in writing.

Running Information

This information must be read in conjunction with "Sport Entry Forms", "Sport Information" and "Games Information" available from the website. Details are subject to change please contact the Games Office for the most recent information.

Schedule

Venue	Albert Park	
Date	Saturday November 20	
	Sport Venue Control	Running Desk Pits Building 3 Albert Park
	Venue Check In from	6:45am
	Start Time	8:00am – 10km
		8:05am – 5km

Course Details

Check-In at Venue Control

You are required to show your validated Games ID Card when you check-in at Sport Venue Control. No card No competition.

Chest number (supplied at Running Sport Venue Control) must be worn on the front and be visible throughout the race.

Start & Finish is in front of the Pits Building.

The Race

5km Run – 1 Loop of Albert Park (see map)

5km run starts at **8:05am**

10km Run – 2 Loops of Albert Park

10km runners starts at **8:00am**. After first lap 10km runners must turn at the back of the Pits Building to start second lap.

Drink Stations

Drink station (water) will be at the far end of Albert Park. A second drink station (water) will be at the start of the 2nd loop for the 10k

Water and fruit will be at the finish area.

Finish

On crossing the finish line stay in order. Collect your time ticket and take it to the Venue Control table.

Note: If this is not done you will not be included in results.

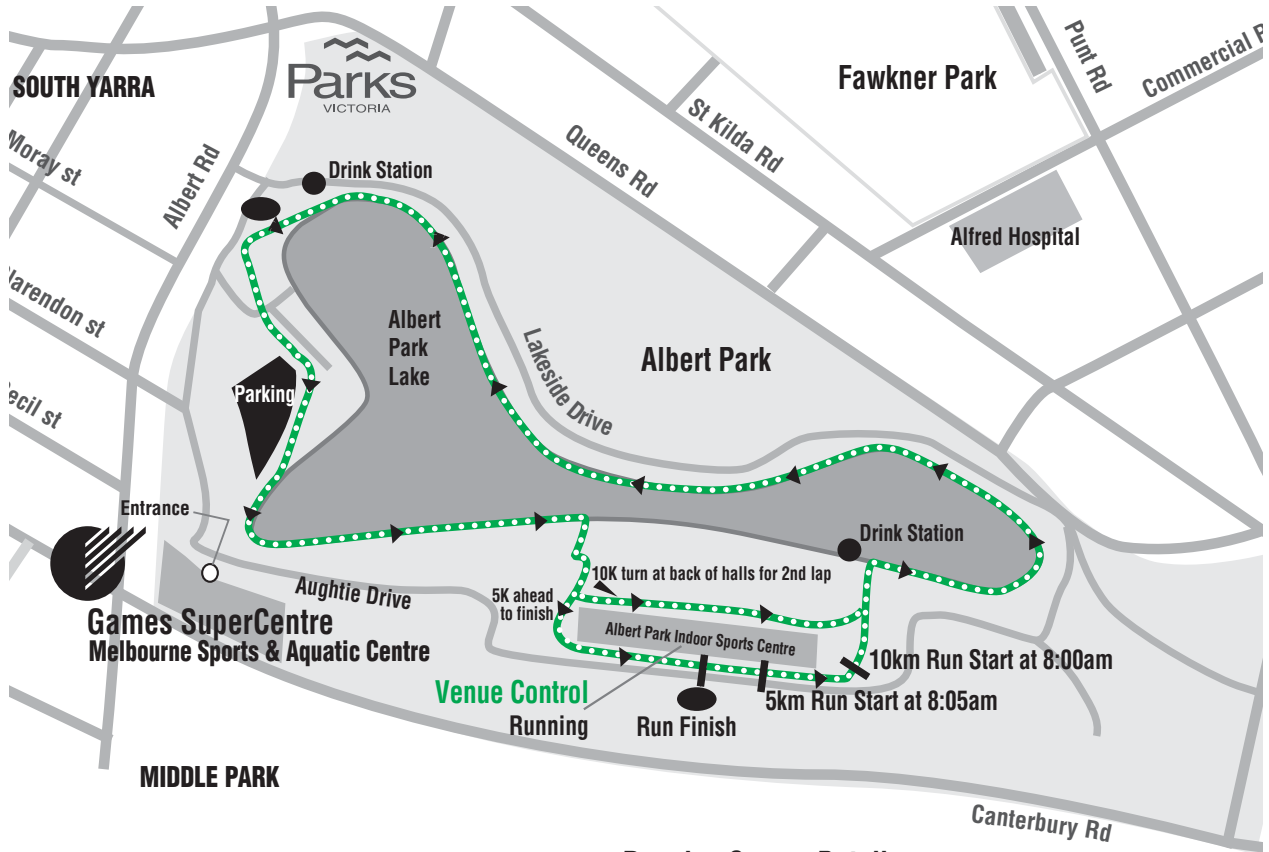
1st, 2nd & 3rd placegetters in each category will receive a Games Finish Card which must be returned upon receipt of their medal. You must be present to receive your medal. Medal presentation will follow the finish of the event.

Timing – only finish times will be recorded.

Complete results will be available only after verification by the Games.

Public Transport suggested 131 638
Limited parking at a cost of \$2 on the weekend in Albert Park

Sport Location Map



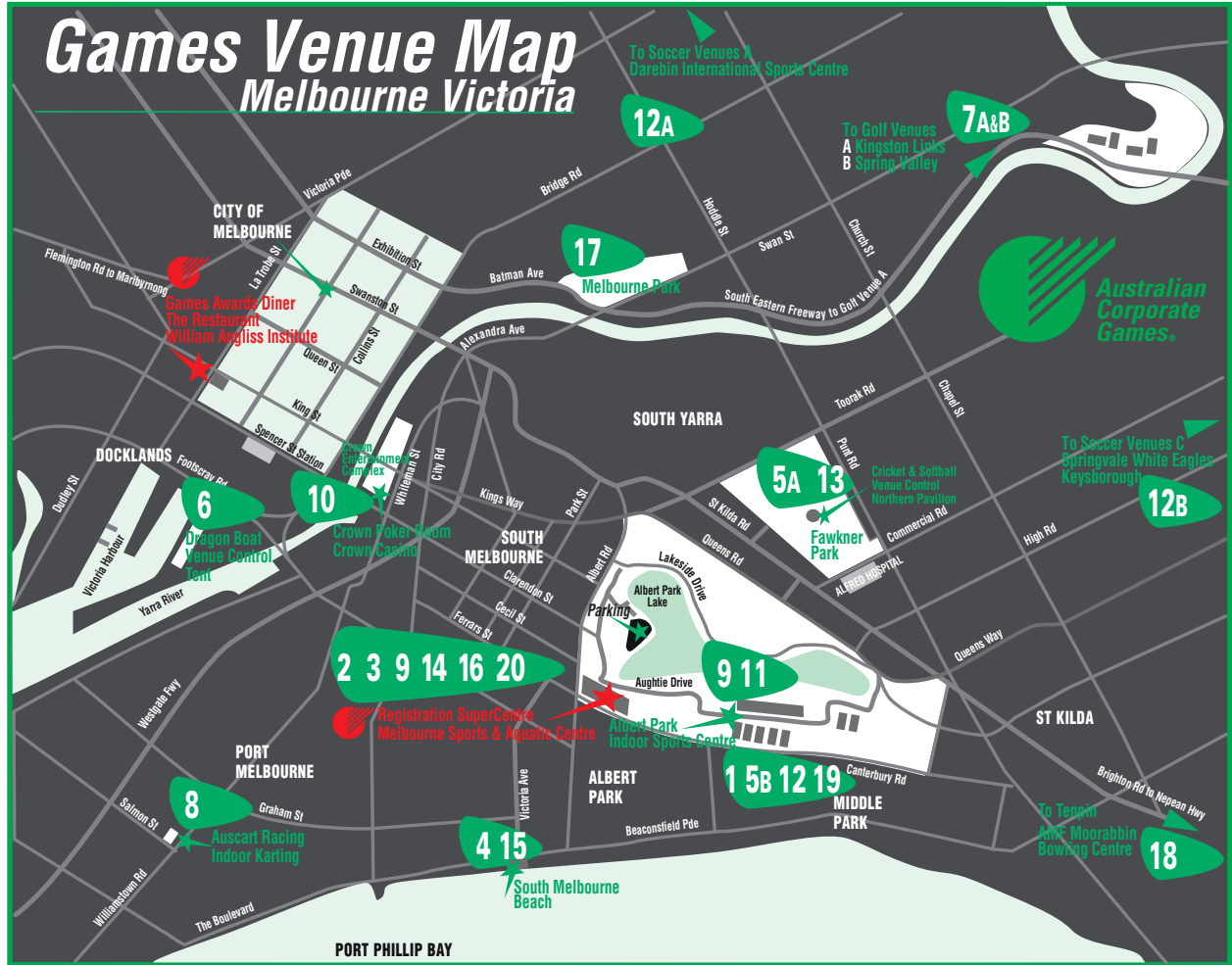
Albert Park Running Venue Map

Running Course Details

- First Aid Stations
- 5km one lap of track
- 10km 2 laps (must turn at back of Pits Building for 2nd lap)

Limited parking in Albert Park – Public Transport suggested, contact 131 638 or victrip.com.au

Map & Venue



Contact 131 638 or victrip.com for Met Information on accessing Games Venues by public transport

- 1 AFL Recreational Football**
Albert Park
Aughtie Drive Albert Park
Saturday 20 November
* Venue Control – Pits Building 3
Parking limited at a fee – public transport suggested
Drinks, food and all facilities available
- 2 Badminton** Melbourne Sports & Aquatic Centre
Aughtie Drive Albert Park
Saturday 20 November day & evening if needed
Sunday 21 November Doubles
* Venue Control – Inside Badminton Hall
Parking limited at a fee – public transport suggested
Drinks, food and all facilities available
- 3 Basketball** Melbourne Sports & Aquatic Centre
Aughtie Drive Albert Park
Saturday 20 & Sunday 21 November
Friday 19 evening if needed
* Venue Control – Outside Basketball Hall
Parking limited at a fee – public transport suggested
Drinks, food and all facilities available
- 4 Beach Volleyball**
South Melbourne Beach
Beaconsfield Pde Albert Park
Saturday 20 November
Venue Control – Games Tent at Courts
Parking limited at a fee – public transport suggested
- 5 Cricket B's**
A Fawkner Park
Corner St Kilda & Commercial Rd South Yarra
Friday 19 November from 4:00pm
Sunday 21 November
* Venue Control – Northern Pavilion
Street Parking Toilets, food from kiosk
B Albert Park
Aughtie Drive Albert Park
Friday 19 November from 4:00pm
* Venue Control – Pits Building 3
Parking limited at a fee – public transport suggested
Drinks, food and all facilities available
- 6 Dragon Boat Racing** ★
Victoria Harbour
Victoria Promenade, Docklands
Saturday 20 November
* Venue Control – Games Tent on Promenade
Parking, drinks, food and all facilities available
- 7 Golf A** SPECIAL EVENT – Kingston Links
Corporate Ave Rowville
Friday 19 November: Shotgun 7:30am to 1:30pm
Venue Control – Club House
South Eastern Fwy to Dandenong Rd to Wellington Rd exit
Golf B REGISTERED EVENT – Spring Valley Golf Club ★
Heatherton Rd Clayton South
Friday 19 November: Shotgun 7:30am
Venue Control – Club House
South Eastern Fwy to Fern Tree Gully Rd exit, right on Springvale Rd, right on Heatherton Rd
Lunch or Supper provided with beverages on cash basis at both venues
- 8 Karting**
Auscarts Indoor Racing
50 Salmon St Port Melbourne
Friday 19, Saturday 20 & Sunday 21 November
Venue Control – Inside Centre
Street parking, food, drinks, toilets & showers
Special catering available – call Auscarts 9646 6015
- 9 Netball**
Albert Park Indoor Sports Centre
Aughtie Drive Albert Park
Friday 19 evening, Saturday 20 & Sunday 21 Nov
* Venue Control – Pits Building 3
Parking limited at a fee – public transport suggested
Drinks, food and all facilities available
- 10 Poker**
Crown Poker Room
Clarendon St end Crown Casino Melbourne
Friday 19 & Saturday 20 November
Venue Control – Crown Poker Room
Parking at a fee – public transport suggested
Drinks, food and all facilities available
- 11 Running** ★
Albert Park Lake Path
Aughtie Drive Albert Park
Saturday 20 November – Start time 8:00am
* Venue Control – Pits Building 3
Parking limited at a fee – public transport suggested
Drinks, food and all facilities available
- 12 Oki Soccer A**
Darebin International Sports Centre
281 Darebin Rd Thornbury
Saturday 20 & Sunday 21 November
Venue Control – Club House
B Springvale White Eagles
310-380 Perry Rd Keysborough
Saturday 20 November
TBC
Venue Control – Soccer Club House
C
- 12 Oki Soccer B's**
Albert Park Outside Fields
Aughtie Drive Albert Park
Saturday 20 November
Sunday 21 November
* Venue Control – Pits Building 3
Parking limited at a fee – public transport suggested
Drinks, food and all facilities available
- 13 Softball**
Fawkner Park
Corner St Kilda & Commercial Rd South Yarra
Sunday 21 November
Saturday 20 November afternoon if needed
* Venue Control – Northern Pavilion
Street Parking, toilets and food from kiosk
- 14 Squash**
Melbourne Sports & Aquatic Centre
Aughtie Drive Albert Park
Saturday 20 & Sunday 21 November
* Venue Control – Inside Squash Arena
Parking limited at a fee – public transport suggested
Drinks, food and all facilities available
- 15 Swimming Open Water**
South Melbourne LSC South Melbourne Beach
Cnr Wilmers St & Beaconsfield Pde Albert Park
Saturday 20 November – Start time 8:30am
Venue Control – Games Tent on Beach
Parking limited – public transport suggested
- 16 Table Tennis**
Melbourne Sports & Aquatic Centre
Aughtie Drive Albert Park
Saturday 20 November
Friday 19 November evening if needed
* Venue Control – Inside Table Tennis Hall
Parking limited at a fee – public transport suggested
Drinks, food and all facilities available
- 17 Tennis**
Melbourne Park
Batman Ave & Swan St Melbourne
Saturday 20 November
Sunday 21 November Doubles
* Venue Control – At Court 5 Western Side
Parking limited for participants
Public transport suggested – Tram 70 & 75
Drinks, food and all facilities available
- 18 Tenspin Bowling**
AMF Moorabbin Bowl
938 Nepean Hwy Moorabbin
Saturday 20 & Sunday 21 November
Venue Control – Inside Centre
Parking around Centre
Drinks, food and all facilities available
- 19 Touch**
Albert Park
Aughtie Drive Albert Park
Saturday 20 November
* Venue Control – Pits Building 3
Parking limited at a fee – public transport suggested
Drinks, food and all facilities available
- 20 Volleyball**
Melbourne Sports & Aquatic Centre
Aughtie Drive Albert Park
Sunday 21 November
* Venue Control – Outside Volleyball Hall
Parking limited at a fee – public transport suggested
Drinks, food and all facilities available





Melbourne November 19–21 2010

Games Information

GENERAL

WELCOME TO THE GAMES

Games Dates

Guaranteed Entry Deadline	October 7
Final Entry Deadline	October 21
Replacement Date	November 4
Games	November 19-21
Games Awards Dinner	November 22

Games ID Card

Before competing each person must have their Games ID Card validated by 'Registering'. This cannot be done at the Sport Venue Control Desk.

NO CARD NO COMPETITION! You are required to show your validated Games ID Card prior to competition at the Sports Venue.

In addition you may be required to show personal photo ID.

Don't forget either pieces of identification.

You may only compete in events and on teams specified on your Games ID Card. NO new entries or swapping of events or team members at the Sport Venue is allowed.

Eligibility

Entrants may represent only ONE organisation in the Games. Entrants do not have to be employed by the organisation represented.

Age Classes

The Official Games Age of an entrant is their age on Dec 31 of the Games year. You can not enter more than one Age Class in an event.

Limited Entries

The Games reserves the right to place entrants into another Age Class to ensure play. However only medals and points from the original class entered will be awarded.

Weather

Adverse weather conditions may cause modifications to or cancellation of events. No refunds are made.

Start Times & Draws & Venue Check in

Unofficial Draws with start times are available from the Games website ONE week before the Games. Official Draws are only available from a Games SuperCentre located in Melbourne from Thursday November 18 to Sunday November 21.

Entrants must checked-in at their sport at least 30mins before their Official Start Time.

Before Final Deadline a preferred start time may be requested but is not guaranteed. A **Request Form** is available from the Games by contacting 1300 301 418 or at corporategames.net.au/aus/organisingateam.shtml

Appeals

There is no appeal against the decision of a match official.

Appeals relating to other aspects of play or Games rules are adjudicated by the Sport Coordinator. Appeals must be submitted in writing by the Team Captain, to the Sport Coordinator within 15 minutes of the end of the match in question.

Code of Conduct

Any team/player who displays unreasonable behaviour in the opinion of officials or the Sport Coordinator before, during, or after a competition may be disqualified.

Games Results

Official Results will be available after the Games Awards Dinner from November 22 on the Games website at www.corporategames.net.au/aus

Insurance

It is up to each participant to have their own insurance that covers them in the event of an injury.

If an entrant is responsible for the breakage of equipment at any of the Games Venues they will be required to pay for the repair or replacement of the equipment.

The Games holds third party public liability insurance only.

Entry fee does not include **Personal Accident Insurance**. To purchase Personal Accident Insurance contact the Games at 1300 301 418 or visit corporategames.net.au/aus/organisingateam.shtml.

Registration

Before going to your sport each entrant must have their Games ID validated by the Games and sign a Waiver of Liability. This is compulsory. Games SuperCentres for registration will be located in Melbourne from Thursday November 19 to Sunday 22 November. Exact times will be sent with Entry Confirmation and are available from corporategames.net.au/aus/qaafterentry.shtml.

Celebrations

Games Awards Dinner at the Angliss Restaurant William Angliss Institute Melbourne, on Monday November 22 from 7:00pm. Dinner features special guests presenting the Corporate Awards and costs \$115.

Health Services

In the case of an emergency requiring medical attention, contact the nearest Games Official.

A medical team which may include Red Cross, physiotherapists or sports trainers will be available at most sport venues.

Games Info Line 1900 954 010

For 83c including GST per minute (higher from mobile & pay phones) The following information will be available only during the 3 days of competition by calling this Games Information Line.

Wet Weather Line – If weather affects playing times, updates on schedule changes or postponements will be available by calling the Games Info line.

Sport Information Line – Elimination Tournament seedings for selected sports will also be available on this line.

NOTE: Some phones may be barred from accessing "1900" numbers.



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Sport Information

G A M E S S C O R I N G S Y S T E M

Pool Play & Elimination Tournament

Does not apply to Golf, Karting, Poker, Running, Swimming and Tenpin Bowling

In most sports competition is pool play followed by an elimination tournament.

Competition is not graded except Squash. Each pool may contain teams from all "Levels of Play" as indicated on the Entry Form.

Pools consist of four teams/individuals where possible.

Pools are formulated based on the following:

- 1 Teams/individuals from the same organisation are in different pools
- 2 To include teams/individuals from all 'Levels of Play'

To provide the maximum amount of competition, pools may be reformulated by the Sport Coordinator at the venue due to 'No Shows'.

Determining Pool Results

Different point range applies to Dragon Boat Racing

Pool Points are awarded as follows:

Win	4 points
Tie	2 points
Loss	1 point
Forfeit	0 points

Winner of a pool is determined by:

- 1 Greatest total # of Pool Points. If tied then
- 2* Points for, minus points against. If still tied then
- 3* Points for

If there is still a tie, **using the matches only between the teams concerned**, reapply the above criteria. If there is still a tie, the Sport Coordinator may have an abbreviated or sudden death play-off or draw lots – drawing lots is used mostly for ties for second place, a play-off is preferred for 1st place.

First place only in each pool advances to the elimination tournament.

If there is a forfeit in any of the following Sports, the winner receives a pre-determined score for the purpose of countbacks:

AFL Recreational Football	30-0
Badminton	21-7 (game score)
Basketball	20-0
Beach Volleyball	20-0
Cricket 8's	60-0
Netball	15-0
Soccer	2-0
Soccer 6's	3-0
Softball	5-0
Squash	15-5 (game score)
Table Tennis	11-5 (game score)
Tennis	8-0 (set score)
Touch	5-0
Volleyball	20-0

In Badminton, Squash, Table Tennis & Tennis if all games of a set are not completed, the remaining games are counted as a 'walk-over' for the winner with the forfeit score awarded for seeding and countbacks.

Seeding for Elimination Tournament

All Pool winners are seeded into the 1st elimination round based on:

- 1 Greatest total of Pool Points divided by # of matches. If tied then,
- 2* Points for, minus points against, divided by # of matches. If tied then
- 3* Points for, divided by # of matches
- 4 If there is still a tie – for "**Seeding**", the Sport Coordinator will draw lots for "**Determining Event Results**" the tie will stand

Team/individual with the most Pool Points is the top seed.

*NOTE: in Tennis read "games" instead of points.

Uneven Draws

The higher seeded team/individual may be given a bye in the 1st elimination round in order to make an "even" draw for the 2nd elimination round.

Stoppage of Play

If for any reason a Sport Coordinator declares that a match or the **Event** cannot be completed, then the following applies:

During Pool Play

The match will be declared a tie (both teams awarded the forfeit points), regardless of the score. If the **Event** is cancelled before pool play is completed then no result will be recorded.

After Pool Play and before Medal Rounds

No result is recorded for incomplete matches.

If the **Event** is cancelled after pool play and before the completion of the first elimination round the event results will be determined by the seeding order. Otherwise results for the event are determined from the last completed round applying 2, 3 & 4 from the seeding criteria.

In Medal Rounds

The match will be declared a tie with both teams or individuals being awarded the higher placing.

Forfeits & Disqualifications

A match may be declared a forfeit if:

- 1 The Team Captain or Individual fails to report to Venue Control at the scheduled time
- 2 A team plays a player not on the Games Team List
- 3 Player number requirements are not met
- 4 There is a 'No Show' ('0' players are present at the scheduled start time)

A team or individual will be disqualified if:

- 1 They are a 'No Show' in a Medal round
- 2 A team/individual has been found, by a Games Official, to breach the Sport or Games rules or Code of Conduct
- 3 A team plays a player not on the Games Team List without notifying the Sport Coordinator
- 4 Anyone competes without their validated Games ID Card

A disqualified team or individual may not be allowed to participate in further competition. The match is forfeited. Results from play prior to disqualification stand. However all Games and Medal Points and any overall placing will be lost.



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Games Awards

G E N E R A L

The act of participating as part of a team makes everyone a winner. The camaraderie and fitness that comes from playing sport, regardless of expertise or competitiveness, contributes to a better work environment and a healthier lifestyle.

But after the dust settles, there are Medals and Awards to be won for sport and team performances.

The Sport Championship Awards are unique to the 'national' Games. These awards are prestigious and highly prized. If you have competed in state Corporate Games but haven't played in the *Australian Corporate Games* this will be a new opportunity to be recognized for doing well in your chosen sport.

Individual Awards

Medals

Medals are won by 1st, 2nd and 3rd place in each event. These are presented at the sports venue immediately following the event.

If a winner is not present to receive their medal it is their responsibility to contact the Games Office to arrange receipt of the medal. The Games does not send unclaimed medals unless special arrangements have been made.

Corporate Awards

The following Corporate Awards are awarded at the Games Awards Dinner on Monday night.

Sport Championship Awards

The winner of each of the 20 Sport Championships is the organisation accumulating the most Games Points in that Sport.

Championship Division Awards

An Award is presented to the winner of each of the Championship Divisions. The Championship Divisions are based on an organisation's overall team size entered in the Games. Games Points are tallied to determine the winner in each of the Championship Divisions.

Medallist Award

The Medallist Award is presented to the organisation with the highest Medal Score.

Grand Award

The Sport for Life Grand Award is presented to the organisation entering the most participants in the Games.

It is an honorary award that recognises the effort and commitment it takes to organise a large team and the organisation's contribution to fitness, health, company spirit and morale.

Championship Divisions	
Entrants	Division
1-5	1
6-10	2
11-20	3
21-50	4
51-100	5
101-150	6
151-200	7
201-400	8
400+	9

Sport Classifications

Individual Sports

- Badminton
- Golf
- Indoor Karting
- Poker
- Running
- Squash
- Swimming-Open Water
- Table Tennis
- Tennis
- Tenpin Bowling

Team Sports

- AFL Recreational Football
- Basketball
- Beach Volleyball
- Cricket 8's
- Dragon Boat Racing
- Netball
- Soccer
- Soccer 6's
- Softball
- Touch
- Volleyball

Games Points & Medal Scores

Games Points are tallied to determine the winners of the Championship Division Awards.

Games Points are awarded to the top 8 in all events. In "Individual" sports, 8 points go to 1st place, 7 to 2nd and so on to 8th place which earns 1 point.

In "Team" sports Games Points are multiplied by the number of players allowed on the field/court during play.
eg A Basketball team scores 40 points for 1st place (8 points x 5 players).

A **Medal score** is used to determine the winner of the Medallist Award.

Medals are scored in a similar fashion to Games Points but equal points are awarded for 1st, 2nd and 3rd. In "Individual" sports one point is scored for the top three places. In "Team" sports this is multiplied by the number of players on the field/court during play.

- eg Basketball teams score 5 points for 1st place, 5 points for 2nd, and 5 points for 3rd.
- Tennis players score 1 point for 1st place, 1 point for 2nd, and 1 point for 3rd.

Note: Doubles, Relays and Corporate Teams in Individual Sports are regarded as an individual unit for point scoring.

- eg A mixed doubles pair score a total 8 points for 1st place.
- In the case of a tie the Games "Countback System" is used.