



CROSS COUNTRY REGULATIONS

(a) Team entries

The competition is organised into the following divisions : Junior (Years 7 & 8), Intermediate (Years 9 & 10) and Open. Runners may compete in their appropriate division, or a higher group. They may not compete in more than one event at each meeting. In the weekly competition, only runners whose Winter sport is Cross Country are eligible to contribute towards team placings.

Prior to the commencement of the season, schools must enter their team into the computer program provided. This includes a list of students at each level who have chosen to undertake Cross Country as their winter sport. Requests to make additions to this list during the season must be approved by the Executive Officer before a student can compete for points.

Students not in the official school team may run in a meet when their chosen winter sport has a bye. However, they can only enter the race as an 'invitational' runner. Their finishing place will not be recorded for results purposes ie. they cannot compete for points. They should not be issued with a tag by their school and should not attempt to submit a tag at the end of the race.

Schools who are host of a meet are to provide an adult to collect the tags and assist entering of place getters with the chief scorer (at the finish line).

(b) Runner identification

Runners who are eligible to compete for points must be issued with a tag by their school. These can either be handwritten or created using the tag maker system linked to the electronic team list.

The tag should be blue in colour and clearly state the following information: *Name, School, Year level, allocated number* (as it appears on the team list). This tag should be worn by the runner during their event and handed in for recording purposes once they cross the finish line.

NOTE: runners who lose their tag on the course and cannot state their correct number to the results steward when they finish their race will not have their result recorded. It is recommended each runner memorize their number to avoid disappointment.

(c) Race distances and Start times

Event	Distance	Time
Years 11 and 12	5 - 7 km's	9:30 a.m.
Years 9 and 10	4 – 5 km's	9:55 a.m.
Years 7 and 8	3 – 4 km's	10:15 a.m.

(d) Team Results

- i. The first five runners to finish from each school in each event will score points. The team members' individual places are added so that the winning team is the one with the *lowest* aggregate place score. Teams will be placed from 1 to 9 in each event, with points allocated accordingly (9 for first down to 1 for ninth). Where schools fail to have five runners finish a race in a particular division, the schools will be placed progressively behind those schools where more runners completed the course (provided at least one runner has finished). Where a school has no runners in a division, it will receive no points. The sum of points from all three divisions will determine the overall placings for the round, with premiership points awarded accordingly.
- ii. The premiership will be awarded to the school with the highest number of points from all designated meetings. Where two schools are equal on premiership points, the school with the higher aggregate weekly points score will be placed higher.



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- iii. After the final round, medallions will be presented to the best three performed runners in each Year Level and to the Open champion. To qualify for a medallion, a runner must have competed in five (5) races in their year level, in a season. The five best performances/placings count towards these rankings.
- (e) Footwear and Dress
Appropriate school sports uniform must be worn. Spikes are permitted, but not bare feet.
- (f) Coaches and Runners Conduct
 - i. Pacing by non-competitors in any event is not allowed.
 - ii. Competitors not abiding by the rules of the competition may be disqualified from their event and must be reported to the Coach of Cross Country from the school concerned.
- (g) Girls competing
Girls are eligible to compete in the weekly Cross Country fixture throughout the season, provided it is their chosen winter sport.
A separate championship event for girls will be conducted in Term 3.
 - i. The Championship will be decided by the placings of the first THREE runners to finish from each school in each of the three divisions (Senior, Intermediate and Junior) plus the next SIX runners from each school, regardless of division. All girls must be registered in their correct year level.
 - ii. The first three (3) place getters in each Year Level will be presented with medals on the day of the Cross Country, with the overall winner receiving an additional medal as Open Champion.