



This is to be read in conjunction with the [Return to Play information](#) provided within this document.

(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. Runners cannot compete in more than one event at each meet. In the weekly competition, only runners whose chosen Winter sport is Cross Country are eligible to contribute towards team placings and points. Girls are eligible to compete in the weekly Cross-Country fixture throughout the season, provided it is their chosen winter sport.

Prior to the commencement of the season, schools must enter a team list containing all male and female names and an allocated number into the excel Runner Numbers sheet provided. This list will include students from each year level (Y12-7) who have chosen to undertake Cross Country as their winter sport.

Any requests to make additions to a team list during the season must be submitted to the Executive Officer by Wednesday prior to the next event, using the supplied forms (Application for new Competitor form). A competitor cannot compete for points in a particular division until this application has been considered/approved.

(b) Recreational runner category (new for 2021)

Available only to OPEN-Y11-12 runners who do not wish to run the longer course can run the in the INTERMEDIATE event, however will **not be eligible to compete for points**. Names and bib number to be provided prior to Round 1. This only relevant for teams who have sufficient numbers in the Open-Y11/12's division (i.e x5 runners or more). Timing information including splits per km. will be listed in weekly the summary of results. *When a runner from the recreational category is required by the school or wants to return to compete for points in the Open event, a school must advise AGSV (submit 'Recreational runner back into their division' form as provided) in advance to be eligible to do so.

(c) Invitational runners

Students not officially in a school team may run in a meet when their chosen winter sport has a bye. They enter a race as an 'Invitational' runner and **cannot** compete for points. **They are not to be issued with a bib**, ensuring a finishing place will not be recorded for the purpose of results.

Schools who host a meet are required to allocate the following staff to assist with the event as requested by the AGSV. This includes:

- i. **Official 1** x1 person to assist the Event Manager with set up/pack up of Race Result timing equipment
- ii. **Official 2** x1 person to set up/pack up & monitor the GoPro video recording equipment and tripod (as provided). Ensure the angle of the camera will capture all bib numbers as runners cross the finish line
- iii. **Official 3** x1 Starter
- iv. **New for 2021 COVID safe Event Marshal** appropriately trained, allocated by host school



- v. **Checkpoint Officials** it is a requirement of the host school to arrange and position a sufficient amount of officials at various checkpoints around the course, such that runners are within view of an official at all times. **Each official is to carry a first aid kit & mobile phone.**
- vi. **First aid attendants** x2 medics (minimum) to be arranged and in attendance at each event: one at approximately the halfway mark out on the course (based at a checkpoint), the other at the finish line.

(d) Runner identification

Runners who are eligible to compete for points must be issued with a bib by their school (as per 2019). Bibs numbers are matched to runners as per the team list. The bib contains a dual chip which is linked to the electronic timing system. Bibs are to be issued at the beginning of each event. After each event, runners return their bib with safety pins to their Team Manager for safekeeping. They must be treated with utmost care to ensure they are usable for the entire season.

(e) Race distances and Start times

Event	Distance	Start Time
Events		
OPEN (Y11/12)	5 -7 km's	Sat 9:00am / Fri 3.45pm
INTERMEDIATE (Y9/10)	4 - 5 km's	Sat 9:25am / Fri 4.10pm
JUNIOR (Y7/8)	3 - 4 km's	Sat 9:45am / Fri 4.30pm

*No more than 200 competitors can be on the start line in any one race.

(f) Team Results

- i. **UNIFORM:** Schools are to stipulate and compete in their school cross country uniform (consisting of singlet and shorts and appropriate footwear) at the start of the season. Coaches are responsible for checking that the correct uniform is being worn by their competitors. Any competitor who is not fully dressed in correct uniform will have their place removed from the register and will not score points for that particular round.
- ii. **SCORING:** the first five runners to finish from each school in each event score points. The team members' individual places are added together. The winning team will be the one with the lowest aggregate place score. Teams scores will be ranked from 1 to 9 in each event, with points allocated accordingly (9 points for first, down to 1 point for ninth). Where schools fail to have five runners finish a race in a particular division (and provided at least one runner from that school finishes a race) that school/s will be placed progressively behind other schools who had sufficient runners completed the course.

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.



From Round 3, any runner not wearing their allocated bib, or running in a division outside of their age group without notification will not have their performance recorded in that particular round.

- iii. **PREMIERSHIP:** the premiership will be awarded to the school with the highest number of premiership points from all designated meets. Where two schools are equal on premiership points, the school with the higher aggregate weekly points score will be placed higher.
- iv. After the final round, medals will be presented to the best three performed runners in each Division and to an Open champion. Where there is a tie in the overall top three runners, placings will be awarded as per the following example: two runners tie for first, the third placed runner receives a bronze medal, etc. To qualify for a medal, a runner must have competed in five (5) races in the division according to their age group in a season. The five best performances/placings count towards the overall season rankings. Where students compete in five or more races in the division above the age group they are eligible to run in, schools must inform the AGSV. We will change that student's registration to the higher aged division, as soon as we are informed. The runner can then be eligible for a medal in the higher division.

(g) Footwear and Dress

Appropriate school sports uniform must be worn [refer (d) i.]. Spikes are permitted, but not bare feet.

(h) Conduct: Coaches and Runners

- i. Pacing by non-competitors in any event is **strictly not permitted**.
- 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.
- iii. All competitors and coaches are fully expected to conduct themselves within spirit of the game and in accordance with the **AGSV Standard of Behaviour**

(i) Girls annual Championship (single event)

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.



AGS **APS**
SPORT

RETURN TO PLAY- CROSS COUNTRY

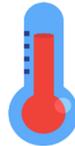
Coronavirus (COVID-19)



Sanitisation

Sanitisation stations at finish line for athletes only.

No water stations.



Temperature

Temperature range is from 35 degrees C- 37.5 degrees C, if you are outside this range you will not be able to train or play.



Social Distancing

All basic COVID-19 Rules must be followed. Masks to be worn as specified by current government guidelines.



Runners

Bib distribution and cleaning managed by Team Manager.



COVID SAFE OFFICER

Appoint Officer to roam event site and instruct event attendees on COVID-19 safety requirements



Course Requirements

Start line- minimum of 30m wide 10m exclusion zone either side of start/finish line.
Max groups of 200 at start line, if greater requires staggered, wave or interval starts with a minimum of 1 minute.

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Troy Rowe
Executive Officer
March 2021