# School Sport SA cross country championships

## Rules and conditions

#### General rules

All students will be required to wear a sticker that states their full name and district / school. Stickers will be forwarded to districts / schools once they have nominated. Competitors who don’t have a sticker can get one when they are in the marshalling area prior to the start of their event. It must be worn on the front of their singlet or T-Shirt. The sticker will be handed in at the conclusion of the race whilst in the finish chute.

Competitors may run in one race only. Age is taken on December 31st in the year of competition (e.g. 10 year event is for students turning 10 years olds in the year of competition). Year 4 to 7 students must run in the event according to their age. Year 8 to 12 students will typically run in the event according to their age but may choose to run in a race for older competitors in order to fill up a team so that it is eligible for the team competition. Reminder - competitors may run in one race only on the day.

Competitors must assemble in the marshalling area 20 minutes prior to the starting time of the event. Competitors will be called over the PA.

#### The start

(a) Short whistle will blast 1 minute before the start time. This will alert competitors to be ready for the starter’s call.

(b) Starting time command will be: “competitors take your marks”.

(c) Starter will then fire the gun.

**Start process:** Athletes from each school/ district are to line up with the fastest runner on the start line with others in order behind. Fastest runners will then lead the large fields onto the course.

#### Clothing

Appropriate athletics clothing is essential. Competitors will not be permitted to run in tracksuit pants, however sports garments below the knees e.g. Skins are permitted.Spikes are permitted in events for runners who are 13 years and older.

#### Maps

A map will be provided with the information package once schools have nominated. It will also be published on the website. Team managers are asked to familiarise their students with the course (i.e. hilly areas, flat areas, number of laps and finish procedure).

#### Number of competitors

##### For 10, 11 and 12 year events

**Each Sapsasa district may enter a maximum of 6 runners per event** (eg 10 year boys).

All events are for trained runners who can run the following times or better:-

10 years old 2000m – Approx 10 min 30 sec

11 years old 3000m – Approx 15 min 15 sec

12 years .old 3000m – Approx 15 min 15 sec

##### For 13 year events

**Each Sapsasa district may only enter a maximum 4 runners per event**

**For year 8-12 schools there is no maximum number of entries**

All events are for trained runners who can run the following times or better

13 years old. 3000m – Approx 15 min 00 sec

Schools are advised that this is a championship event and not a come n’ try day. Sapsasa districts offer cross country events for runners that do not meet the championship qualifying times.

NB: Refer to the entry rules in the general information on the cross country championships information document.

#### Team competitions

The first fourrunners **(except in Open age, U’13 age and U’16 Girls where only 3 runners form a team)** to finish are considered the team members for purposes related to team trophies and medal winners.

The winning team is decided by adding up the placings gained by each school’s first four (three) placegetters. The lowest total number wins.

If there is a tie the winner is decided on the position of the last scoring team member to finish.

#### Finish procedure

Once passed the finish line, competitors will line up in a chute where their sticker will be removed. The first three place getters will immediately be taken to the presentation area to receive their medals.

#### I pods and listening devices

Runners are not permitted to use an ipod (or similar) whilst competing.

#### Protests

These must be made in writing by the team manager from the athlete’s district / school and handed to a School Sport Officer within 10 minutes of the first competitor completing the race. The protest will then be brought to the attention of the Chief Referee for a decision.

N.B. Protests usually arise from competitors not completing the course correctly or failure by Course Marshals to supervise competitors properly.

Competitors must follow the marked course. Any deviation will result in disqualification. The onus is on competitors to be familiar with the course.

#### Sports medicine

There will be Sports Medicine personnel in attendance to deal with medical emergencies that arise during the event. They are not there to manage or strap any pre-existing injuries.

#### Individual awards

* Medals (Gold, Silver, Bronze) will be awarded to the three fastest runners in all events. Primary athletes will be competing against secondary athletes for all medals and standard badges in the 13 years age groups.
* Secondary: First 10 placegetters will receive standard certificates.
* All Primary competitors will receive a Sapsasa participation certificate.

#### Team awards

Medals will be presented to all athletes in teams finishing 1st, 2nd and 3rd in each age group of boys and girls. In the 13 year old age group there will be separate team medals for Sapsasa districts and year 8-12 schools.

#### Catering

There will be various food outlets providing a range of food and drinks.

#### Merchandise

A range of merchandise will be on sale.

#### Fee and payment

* Entry fee will be listed on the year specific information.
* No payment required prior to the event or on the day. Districts / Schools will be invoiced.

#### Duty of care

Each District / School team is to have a supervising teacher to cover duty of care and to co-ordinate the team.

**The teacher in charge is asked to:**

* Communicate clearly a designated meeting place at the venue & set up a base area
* Have a large sign so that people are able to find your school / district
* Know the whereabouts of students at all times
* Restrict students to a general area and not allow students to roam around the park. No students are to be unsupervised
* Arrange volunteers to act as officials or area supervisors if rostered
* Bring a garbage bag or two and conduct an emu parade before leaving.

#### Parking

Please ensure all drivers have this information to avoid traffic congestion.

Car parking is accessed along Shillabeer Road off Onkaparinga Valley Road in two areas:- enter through Woodside gate & Pinnock’s gate. Cars dropping off must enter through the Pinnock’s gate and drive to the Drop Off Zone adjacent to the bridge behind the grandstand.

Disabled car parking is accessed via the main gate – enter off Oakwood Road.

Bus parking and drop off is accessed by entering the main gate off Oakwood Road.

**Note**: at some times of the day there can be delays in getting a park. This is especially the case where there has been rain and not all areas are available. Hence it is not advisable to expect to arrive 10 minutes before the event as you are likely to miss it.

**PLEASE NOTE:**School Sport SA and the Department for Education do not insure children against accidents. Parents are strongly encouraged to insure their children against accidental injury and ambulance transportation and assistance.