



CROSS COUNTRY CHAMPIONSHIPS

Monday 28th May, 2018
9:00am – 2.30pm

Carisbrooke Reserve
Main North Road, Salisbury Park

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NOMINATIONS

What's Due When!

Step 1

Fill out an "Intent to compete" form online at www.sacsasports.com.au. This will be due no later than:

TUESDAY 2ND MAY, 2018

This form will not require any information about your team, just to let me know that you are intending on bringing competitors to the carnival.

Step 2

You will be sent an excel spreadsheet similar to the one below that will need to be filled out with all of your competitors that you intend on bringing to the carnival. This will be due no later than:

FRIDAY 15TH MAY, 2018

Example spreadsheet below. You will need to include the following:

Number	First name	Last name	Gender	Distance (km's)	Category	School	v / x
	Joe	Bloggs	M	1.5	9&U	A Christian College	
	Amelia	Citizen	F	3	11	B Christian School	

*Please ignore the "Number" Column.

Once you have filled this out and have sent it back to the SACSA Sports Coordinator, each competitor will be assigned a number, and this will be the number band that they will collect and wear at the carnival.

Changes to Competitors

If you send your above spreadsheet prior to the due date and have any changes, please email them to the SACSA Sports Coordinator by 5pm on the Friday 19th May. Any other changes after this date will be processed on the day of the event.

Collection of Timing Bands

A list of competitors from each school and their corresponding band number will be provided to you on the day. Students will be able to collect their own bands on arrival. A supervising teacher from each school will need to be present. Please be aware that if competitors mix up their timing bands, their allocated times will be wrong - so it's important to stress this to your students.

TIMETABLE

SECONDARY TIMETABLE			
Age	Gender	Distance	Start Time
View Course			8.45 - 9.15
Course Marshal Meeting (meet at SACSA tent)			9.00
Carnival Opening			9.20
Open	Boys	3K	9.40
Open	Girls	3K	9.40
15 Years	Boys	3K	10.00
15 Years	Girls	3K	10.00
14 Years	Boys	3K	10.20
14 Years	Girls	3K	10.30
13 Years	Boys	3K	10.45
13 Years	Girls	3K	10.55
Secondary Presentations			11.20

PRIMARY TIMETABLE			
Age	Gender	Distance	Start Time
View Course			11:15 - 11:45
Course Marshal Meeting (meet at SACSA tent)			11.45
Carnival Opening			12.00
11 Years	Boys	3K	12.15
11 Years	Girls	3K	12.25
12 Years	Boys	3K	12.45
12 Years	Girls	3K	12.55
9 & under	Boys	1.5K	1.15
9 & under	Girls	1.5K	1.20
10 Years	Boys	2K	1.30
10 Years	Girls	2K	1.40
Primary Presentations			2:00
Finish & Clean Up			2:20

INFORMATION FOR THE DAY

Date/Venue

- Monday 28th May, 2017
- Carisbrooke Reserve, North East Road, Salisbury Park.

Distances

It is important that all competitors are able to complete the specified distance. It is not a come and try event.

Primary	
9 & Under	1.5K
10 Years	2K
11 Years	3K
12 Years	3K

Secondary	
13 Years	3K
14 Years	3K
15 Years	3K
Opens	3K

Age Groups

The table below is for 2018 only

Year Born	Age turning in 2018	Event Category
2000	18	Open
2001	17	Open
2002	16	Open
2003	15	15 Years
2004	14	14 Years
2005	13	13 Years
2006	12	12 Years
2007	11	11 Years
2008	10	10 Years
2009	9	9 & Under
2010	8	9 & Under

Course Viewing

- The carnival will open with prayer at 9:20am and will close at 2:30pm.
- Secondary - The course is available for viewing from 8:45am – 9:15am.
- Primary – The course is available for viewing from 11:15am – 11:45am.
- Except for the times mentioned above, no one is allowed on the course until their race commences.

Timetable Overview

- Secondary Carnival Timetable (Page 4)
The races begin at 9.40am and finish at 11:05am. Presentations are at 11:20am.
- Primary Carnival Timetable (Page 4)
The races begin at 12:15pm and finish at 1:50pm. Presentations are at 2:00pm.

Marshalling

Competitors will need to be in the designated marshalling area at the start line 10 minutes before their event begins. Competitors who have already run, are not allowed on the course after their event has finished.

Footwear/Uniform/Equipment

All students must wear running shoes. Spikes are NOT ALLOWED. Competitors must wear their School PE/Sports uniform when racing. Runners are not allowed to use musical devices during their race.

Team Awards

Team Awards - A team is made up of 3 runners in the same age group and school. A winning team is decided by adding up the positions of the first 3 runners over the line. The lowest score wins.

For example, Kings Baptist: Runner 1 comes 1st; Runner 2 comes 5th; Runner 3 comes 13th – Total of 19 points; Emmaus: Runner 1 comes 3rd; Runner 2 comes 6th; Runner 3 comes 9th – Total of 18 points. Emmaus has the lowest score, therefore wins the team trophy.

Medallions will be awarded for first place teams in all age groups, Runners up team medallions will only be given out to 9 and under – 12 years.

Individual Awards

Individual Awards - Medallions will be given for 1st, 2nd and 3rd place getters.

Photographs

Photographs will be taken on the day at the awards presentations and also during races, finish line, start line etc. and posted up online and on social media. If you do not wish for a particular student to be photographed, please can you let the SACSA Sports Coordinator know prior to the event

The Start

- A whistle blast will be given 1 minute before the starting time, calling competitors to be ready.
- A command will be given "runners take your marks".
- The starter will then blow the whistle and competitors start their race.

The Finish

- Students are not to pass each other after they cross the finish line and enter the chute.
- They will need to proceed to the timing band table and return their timing band to the officials.
- Times for individual competitors will be online 5 minutes after completing each event.

The Course:

- Runners are to keep the red markers on their left side at all times while running the course.
- Where there are red and white markers, runners are to run between them.
- Yellow markers indicate a turn.
- Runners are to enter the finishing chute at the finish line (indicated on timetable).

TIMING BAND INFORMATION

Timing Bands

Electronic Transponder Timing will be used to record every competitors finish time.

Once each school has nominated their runners, each competitor will be allocated a race number and Timing Band with this number on it.

Competitors wear the Timing Bands on their LEFT ankle, so the blue housing is vertical and race number facing out. Competitors need to make sure the Velcro has gripped firmly. They will need to put their finger between the band and their ankle and pull hard to check they have the Velcro the right way around.

Competitors need to make sure they DO NOT WALK OVER THE FINISH MAT BEFORE THEY START

Changes to Team

If you have any add ins to the original list of competitors, please email them to the SACSA Sports Coordinator by 5pm on the Friday before the carnival. Any other add ins will need to be done on the day.

Collection of Timing Bands

High school competitors will be able to collect their own bands on arrival. A supervising teacher from each school may need to collect Primary school bands and give them out if they would prefer. Please be aware that if competitors mix up their timing bands, their allocated times will be wrong - so it's important to stress this to your students. A list of competitors from each school and their corresponding band number will be provided to you on collection.

Returning the Timing Bands

When students finish their race, they will need to return their timing bands to the SACSA Tent at the end of the finishing chute. If a competitor does not finish, they will need to return the timing band to the SACSA marquee as soon as possible.

Please make sure they know that there is a fee of \$4.00 per band if they do not return their timing band. If a timing band is not returned, the school will be invoiced for the above amount.

Race Times

The transponder is activated when the whistle is blown to start the race. Each competitor's race time will be recorded when they step on the finish timing mat, therefore in a tight finish the winner will be whoever's transponder is detected by the timing mat first. The SACSA Executive Committee may need to make a decision if there is a tight finish.

Footwear

Please can you make sure no spikes are worn this year at Cross Country due to the timing system finishing

Online Results

Results can be found at <https://tinyurl.com/lkfpqme>. They should be up on the site within 5 minutes of the race. For mobile devices, please go to <https://tinyurl.com/mwv85hs>.

It is suggested to add this web address to your consent forms so parents can access their child's results.

If you have any students that need to keep their personal details private, please can you let me know and we will post their results under an anonymous title.

Staff Responsibilities/Duties

Below is a list of officials that each school will need to provide on the day.

IMPORTANT: NO STUDENT MARSHAL'S ALLOWED.

If you have any concerns with this, please contact the SACSAs Sports Coordinator as soon as possible.

School Name	Duties	Check Points	No. of Officials
SACSAs Sports Coordinator	Course set up (7am) Coordinator		
Hope (P&S)	1. Timing Band Recorder		1 student
	1. Timing Band Distributor		1 student
	Course Marshal Four	4	1 staff
Sunrise (P&S)	Course Marshal One A	1A	1 staff
	Course Pack Up (collect cones)		Same staff member above
	2. Timing Band Recorder		1 student
	2. Timing Band Distributor		1 student
Harvest (P&S)	3. Timing Band Recorder		1 student
	3. Timing Band Distributor		1 student
Kings Baptist (P&S)	Course set up - 7am		1 staff
	Course Pack Up		Same staff member above
	4. Timing Band Recorder		1 student
	4. Timing Band Distributor		1 student
Tyndale SE (P&S)	New Entries Recorder Supervisor		1 staff
	Starter		1 staff
Portside (P&S)	Course Marshal One B	1B	1 staff
	New Entries Recorder		2 students
Temple ME/P (S only)	Course Marshal Two (Half Day)	2	1 staff
	New Entries Recorder		2 students
Southern Vales (P&S)	Course Marshal Three	3	1 staff
	Timing Band Cleaners/Collectors		2 students
Cedar (P&S)	Course set up - 7am start		1 staff
	Course Marshal Five	5	Same staff member above
	Starter Marshal		1 staff
Torrens Valley (P&S)	Course Marshal Six	6	1 staff
	Carnival Clean up		Same Staff member above
Bethany (P only)	Course set up - 7am start		1 staff
	Finishng Line Chute Marshal		Same Staff member above
Horizon (P&S)	Course Marshal Eight	8	1 staff
Endeavour (S only)	Course Marshal Seven	7	1 staff
Tyndale Strath (P only)	Course Marshal Two (Half Day)	2	1 staff
Emmaus (P&S)	Course Marshal Nine	9	1 staff

Course Map



