

**SACSA**  
EST 1985 SPORTS

**24**

# CROSS COUNTRY CHAMPIONSHIPS

WEDNESDAY 15<sup>th</sup> MAY  
9:00am – 2.30pm



CARISBROOKE RESERVE

Main North Road, Salisbury Park

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## NOMINATIONS

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### WHAT'S DUE WHEN!

#### Step 1

Fill out an "Intent to compete" form online at [www.sacsasports.com.au](http://www.sacsasports.com.au).  
This will be due no later than:

**FRIDAY 5<sup>TH</sup> APRIL 2024**

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:

**MONDAY 6<sup>TH</sup> MAY 2024**

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

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

Once you have filled this out and sent it back to the SACSA Executive 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 Executive Sports Coordinator by **4pm on the Monday 13<sup>th</sup> May 2024**. 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

Carisbrooke Reserve, Main North Rd. Salisbury

| <b>SECONDARY TIMETABLE</b>                  |               |                 |                   |
|---|---------------|-----------------|-------------------|
| <b>Age</b>                                  | <b>Gender</b> | <b>Distance</b> | <b>Start Time</b> |
| 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                     |               |                 | 11.30             |

| <b>PRIMARY TIMETABLE</b>                    |               |                 |                   |
|---|---------------|-----------------|-------------------|
| <b>Age</b>                                  | <b>Gender</b> | <b>Distance</b> | <b>Start Time</b> |
| 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                       |               |                 | 2.10              |
| Finish & Clean Up                           |               |                 | 2.30              |

## INFORMATION FOR THE DAY

### Date/Venue

- Wednesday 15<sup>th</sup> May 2024
- Carisbrooke Reserve, Main North 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 |
| Open      | 3K |

### 2024 Age Groups

| Year Born | Age turning in 2024 | Event Category |
|-----------|---------------------|----------------|
| 2006      | 18                  | Open           |
| 2007      | 17                  | Open           |
| 2008      | 16                  | Open           |
| 2009      | 15                  | 15 Years       |
| 2010      | 14                  | 14 Years       |
| 2011      | 13                  | 13 Years       |
| 2012      | 12                  | 12 Years       |
| 2013      | 11                  | 11 Years       |
| 2014      | 10                  | 10 Years       |
| 2015      | 9                   | 9 & Under      |
| 2016      | 8                   | 9 & Under      |
| 2017      | 7                   | 9 & Under      |

### Course Viewing

- The carnival will open with prayer at 9:20am and will close at approx. 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)  
 9.20am Opening in Prayer  
 9.40am 1<sup>st</sup> race begins  
 11:05am Finish  
 Presentations are at 11:20am.
- Primary Carnival Timetable (Page 4)  
 12.00pm Opening in Prayer  
 12:15pm 1<sup>st</sup> race begins  
 1:50pm Finish  
 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, Portside: Runner 1 comes 1<sup>st</sup>; Runner 2 comes 5<sup>th</sup>; Runner 3 comes 13<sup>th</sup> – Total of 19 points; Emmaus: Runner 1 comes 3<sup>rd</sup>; Runner 2 comes 6<sup>th</sup>; Runner 3 comes 9<sup>th</sup> – 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.

**Certificates** - will be available through Event Strategies Website, where the results are held.

### CHAMPIONSHIP AND CHALLENGE SHIELDS

All schools are split into divisions identical to allocations at both Primary and Secondary Athletics Carnivals (Divisions 1 – 3). See next page for your schools division.  
Challenge Shields will only be awarded to Divisions 2 & 3.

In each age group and gender points are received for placing 1st to 8th - 10 / 9 / 8 / 7 / 6 / 5 / 4 / 3 (this makes the top 8 scoring points). No points are given for participation.

Teams who win (in both Primary and Secondary) and runners up (Primary only) in each age group and gender also receive points.

1st Team Medal – 5 points (Secondary and Primary)

2nd Team Medal – 3 points (Primary Only)

Overall points will be done after the day's events and schools will be notified of the overall winners via the SACSA Sports website and email.

DIVISIONS 2024

**\*\*Subject to change after Nominations have been updated\*\***

**SECONDARY DIVISIONS**

| DIVISION 1 |
|------------|
| TEAM       |
| EMMAUS     |
| TEMPLE P   |
| TYNDALE SE |
| KINGS      |
| CEDAR      |
| TEMPLE ME  |
| TVCS       |
| ENDEAVOUR  |

**PRIMARY DIVISIONS**

| DIVISION 1 |
|------------|
| TEAM       |
| EMMAUS     |
| TYNDALE SE |
| CEDAR      |
| KINGS      |
| SUNRISE    |
| TVCS       |
|            |
|            |

| DIVISION 2     |
|----------------|
| TEAM           |
| HORIZON        |
| HILLS          |
| PORTSIDE       |
| SVCC           |
| PRESCOTT STH   |
| HOPE           |
| TYNDALE STRATH |

| DIVISION 2    |
|---------------|
| TEAM          |
| PRESCOTT STH  |
| HOPE          |
| BETHANY       |
| HILLS         |
| SVCC          |
| PORTSIDE      |
| GOOD SHEPHERD |

| DIVISION 3       |
|------------------|
| TEAM             |
| PRESCOTT COLL    |
| MT TORRENS       |
| MID NORTH        |
| HARVEST          |
| BLAKES CROSSING  |
| SUNRISE/TEMPLE M |
| RIVERGUM         |

| DIVISION 3      |
|-----------------|
| TEAM            |
| RIVERGUM        |
| HORIZON         |
| BLAKES CROSSING |
| PILGRIM         |
| GGLPS           |
|                 |
|                 |

### Photographs

Photographs will be taken on the day during races, finish line, start line etc.

If you do not wish for a particular student to be photographed, please can you let the SACSA Executive Sports Coordinator know prior to the event.

**Team Photos** are the school's responsibility.

### 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 bib table and return their timing bib to the officials.
- Times for individual competitors will be online approx. 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.
- Orange and or Flag markers indicate a turn.
- Runners are to enter the finishing chute at the finish line (indicated on MAP).



## RACE NUMBER BIBS - INFORMATION

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### Race Number Bibs – **NEW for 2024**

1. Electronic Timing will be used to record your finish time.
2. Each student has been allocated a race number bib and it has an electronic timing tag on the back linked to you. Do not use someone else's number bib.
3. Attach the bib at waist height to the outside front of whatever top you will be wearing. You only need pins in the top 2 corners. Do not bend or fold the tag or tamper with it.
4. Your time and number will be recorded when you cross the finish mat provided your race number bib is visible. Covering it with clothing or your hands as you operate a watch will prevent it recording.
5. If you cut the course short, do not cross over the finish mat as we may inadvertently think you have won the race.
6. If you do not complete your course you must return your bib to SACSA officials' desk who will be near the finish line.
7. If you lose your bib during the race you must go to the Event Strategies timing van at the finish line as soon as you cross the finish timing mat.

\*\*\*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 Executive Coordinator by 4pm on the Monday 13<sup>th</sup> May before the carnival. Any other add ins will need to be done on the day.

**IMPORTANT \*\*\* All changes must be documented prior to the start of the race and runners cannot change races without this notification. E.g., a runner cannot pull out of a race at the last minute and join a different age group without an appropriate time period and notification.**

### Collection of Race Bibs at the start of the day

Numbers will be allocated to runners in school groups sorted by last name & then first name.

Race number bibs will be packed into baskets for each school group to collect from the SACSA tent and distributed to your runners.

## Returning the Race Bibs after each race

**Race number bibs are not disposable & must be returned to the SACSA Officials Desk.**

When runners finished their race and crossed the finish line, they will follow the chute to the SACSA Officials desk and remove their race number bibs collected by the SACSA Officials.

**\*\*leave safety pins closed and in the bib's top holes.**

## Race Times

The transponder is activated when the whistle is blown to start the race. Each competitors 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's 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

Access to results can be found on our Website's page.

They should be up on the site approx. 5 minutes after each race.

Please direct all parents to our Website page.

*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 SACSA Executive Sports Coordinator as soon as possible.

### Cross Country School Responsibilities

| School Name                                   | Duties  | Check Points | No. of Officials                   |
|---|---|--------------|------------------------------------|
| SACSA Exec. Sports Coordinator                | Course set up (7:30am)<br>Convenor - SACSA                            |              |                                    |
| Sunrise<br>(2nd Half Day) - 11:45am           | Course Marshal One (2nd Half Day)<br>Course Pack Up                   | 1            | 1 staff<br>Same staff member above |
| Kings Baptist (P&S)                           | Course set up - 7:30am  |              | 1 staff<br>Same staff member above |
| Tyndale SE (P&S)                              | Course set up - 7:30am<br>Starter (All Day)                           |              | 1 staff<br>1 staff                 |
| Cedar (P&S)                                   | Starters Marshal (All Day)<br>Starters Marshal Helper (All Day)       |              | 1 staff<br>1 Senior Student        |
| Portside (P&S)                                | Course Marshal Two  | 2            | 1 staff                            |
| Temple P (S only)<br>(1st Half Day) - 8:45am  | Course Marshal Eight (1st Half Day)                                   | 8            | 1 staff                            |
| Temple ME (S only)<br>(1st Half Day) - 8:45am | Course Marshal Three (1st Half Day)                                   | 3            | 1 staff                            |
| Southern Vales (P&S)                          | Course Marshal Four   | 4            | 1 staff                            |
| Hills (P&S)                                   | Course Marshal Six<br>Finishing chute Marshal (9am)                   | 6            | 1 staff<br>1 staff                 |
| Torrens Valley (P&S)                          | Course Marshal Seven<br>Carnival Clean up                             | 7            | 1 staff<br>Same Staff member above |
| Horizon (P&S)                                 | Course Marshal Nine   | 9            | 1 staff                            |
| Bethany (P&S)<br>(2nd Half Day) - 11:45am     | Course Marshal Three (2nd Half Day)<br>Finishing chute Marshal (12pm) | 3            | 1 staff                            |
| Emmaus (P&S)                                  | Course Marshal Ten  | 10           | 1 staff                            |
| Hope (P&S)<br>(2nd Half Day) - 11:45am        | Course Marshal Eight (2nd Half Day)                                   | 8            | 1 staff                            |
| Prescott Sth (P&S)                            | Course Marshal Five   | 5            | 1 staff                            |

**COURSE - CARISBROOKE RESERVE**

