



AFL
ATHLETICS
BADMINTON
BASKETBALL
CROSS COUNTRY
FOOTBALL
NETBALL
RIJKEN CUP
SWIMMING
TABLE TENNIS
TOUCH FOOTBALL
VOLLEYBALL

CROSS COUNTRY CHAMPIONSHIPS

WEDNESDAY 13th MAY 2026
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:

THURSDAY 9TH APRIL 2026

This form will not require any information about your team, just to let us know that you are intending to bring competitors to the championships.

Step 2

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

FRIDAY 8TH MAY 2026

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 **3pm on Friday 8th May 2026**. Any other changes after this date will be processed on the day of the event (13th May)

Collection of Timing Bibs

A list of competitors from each school and their corresponding bib numbers will be provided to you on the day. Teachers will be able to collect the students bibs on arrival. Please be aware that if competitors mix up their timing bibs, the allocated times will be wrong - so it's important to stress this to your students.

TIMETABLE

Carisbrooke Reserve, Main North Rd. Salisbury

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			11.30

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			2.10
Finish & Clean Up			2.30

INFORMATION FOR THE DAY

Date/Venue

- Wednesday 13th May 2026
- Carisbrooke Reserve, Main North Road, Salisbury Park.

Distances

It is important that all competitors can 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

2026 Age Groups

Year Born	Age turning in 2026	Event Category
2008	18	Open
2009	17	Open
2010	16	Open
2011	15	15 Years
2012	14	14 Years
2013	13	13 Years
2014	12	12 Years
2015	11	11 Years
2016	10	10 Years
2017	9	9 & Under
2018	8	9 & Under

CourseViewing

- The carnival will open with announcements and prayers 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 1st race begins
11:05am Finish
Presentations are at 11:20am.
- Primary Carnival Timetable (Page 4)
12.00pm Opening in Prayer
12:15pm 1st 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 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.

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 school's 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 2026

Subject to change in early Term 2

SECONDARY DIVISIONS

DIVISION 1
TEAM
CEDAR
CORNERSTONE
EMMAUS
ENDEAVOUR
KINGS
ST COLUMBA
TEMPLE P
TEMPLE ME
TYNDALE SE

DIVISION 2
TEAM
BLAKES CCC
HORIZON
PORTSIDE
SVCC
TVCS

DIVISION 3
TEAM
MT TORRENS
RIVERGUM
TEMPLE MARION
TYNDALE STRATH

PRIMARY DIVISIONS

DIVISION 1
TEAM
BETHANY
CEDAR
HOPE
KINGS
PRESCOTT NTH
ST COLUMBA
TYNDALE SE

DIVISION 2
TEAM
BLAKES CCC
EMMAUS SP
PORTSIDE
PRESCOTT STH
SVCC
SUNRISE F/P
SUNRISE M/MV
TVCS
GOOD SHEPHERD

DIVISION 3
TEAM
EMMAUS BP
GGLPS
HORIZON
KINGS AH
MT TORRENS
RIVERGUM
TYNDALE STRATH

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.

Parking

For all car parking, bus drop off and pick up please use the Northern car park when arriving and leaving the venue.

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

- Once passed the finish line, students need to move swiftly towards the SACSA officials' area down the chute.
- Then they will need to take off 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 always keep the **red markers on their left side** while running the course.
- Where there are **red and white markers, runners are to run between them.**
- Numbered Flag markers will indicate a turn.
- Runners are to enter the finishing chute at the finish line (indicated on MAP).

RACE NUMBER BIBS - INFORMATION

Race Number Bibs –

1. Electronic Timing will be used to record your finish time.
2. Each student has been allocated a race number, 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 13th 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 for each school group to collect from the SACSA Area 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.**

- **Having a teacher from your school in this space will help the process quicker.**

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'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.

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

Please direct all parents to our SACSA 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.

COURSE – CARISBROOKE RESERVE

