

# **BDSSS TEAMS CROSS COUNTRY**

**2018**



**SHALOM COLLEGE**

**TUESDAY 24<sup>th</sup> APRIL**

**4pm**

## **BDSSS Teams Cross Country Carnival**

**DATE:** Tuesday 24th April 2018

**VENUE:** Shalom College

Buses – Please park in the Bus drop-off area

**TIME:** Course Briefing: 3:45 pm  
Start: 4:00 pm  
Finish: 4:45 pm

### **NOMINATIONS:**

- 3 athletes per team for the following age groups:

12 YRS Girls (Born 2006)  
12 YRS Boys (Born 2006)  
13 YRS Girls (Born 2005)  
13 YRS Boys (Born 2005)  
14 YRS Girls (Born 2004)  
14 YRS Boys (Born 2004)  
15 YRS Girls (Born 2003)  
15 YRS Boys (Born 2003)  
16 YRS Girls (Born 2002)  
16 YRS Boys (Born 2002)  
17+ YRS Girls (Born 2001/2000)  
17+ YRS Boys (Born 2001/2000)

- No limit on the number of teams nominated per school per event.

### **RESULTS:**

Results will be e-mailed to all schools on the following day.

### **POINTS ALLOCATION PER EVENT:**

<b>PLACE</b>	<b>POINTS</b>
1	10
2	8
3	6
4	5
5	4
6	3
7	2
8	1
9	1
10 and all other finishers	1

**OFFICIALS:**

Shalom staff will act as Officials at the event. There will be 16 Officials points on the track. Team Managers may be asked to assist with the running of the event on the day (i.e. handing out place tickets, time keeper, recorder etc).

**COURSE:**

The 2km course is attached. There will be a line marked/markers to follow. Each athlete will run the course once and then tag their team mate in the changeover zone. The final (3<sup>rd</sup>) runner of each team will finish at the designated finish line to complete the 6km each team needs to run.

**GENERAL INFO:**

- Athletes are required to wear their School's approved singlets/shirts (NO personal / brand singlets / shirts will be allowed).
- Shoes must be worn when competing. No spikes allowed.
- NO electronic devices permitted eg. iPods / mobile phones, radios or headphones on course. Watches permitted. See IAAF Rule 144:3 (B).
- Athletes will receive 5 minutes warning calls to their race. There will be NO waiting for absent athletes.
- Shirts / singlet's must remain on for the duration of each race.
- Convener reserves the right to change the start time of events and or course if needed.
- Only Athletes running the next leg will be permitted into the changeover area which will be clearly marked.
- Team Managers should familiarise themselves with the approved Risk Assessment attached.

Team managers need to ensure all students are at the school oval by 3:45 pm for a 4:00 pm start. There will be two starts for Boys and Girls races separately, whereby all age groups' Boys will start the course together, with a 2-minute interval before the start for all age groups' Girls.

Upon completion of the course, all athletes running the last leg for their team to finish the race MUST report to the recording table in their respective age groups.

Starting times for each age group are outlined in the table below:

START TIME	AGE GROUPS	CATEGORY
4:00 pm	12/13/14/15/16/17+ Years	Boys
4:02 pm	12/13/14/15/16/17+ Years	Girls