



IGSA Sport Cross Country Rules & Guidelines Friday 17 May 2024

- Venue:** Frensham School, Range Rd, Mittagong.
Take the Old Hume Highway to Fitzroy St (at the Grand Country Lodge). Turn left into Range Rd, go over the bridge, and at the roundabout, take the 2nd exit (go straight).
- Duties:** See officials duty list (page 6).
- Eligibility:** Athletes may only enter and run in their correct age group.
- Age:** As at December 31 of that year.
- Sections:** Each school should enter eight (8) students per section. All athletes must run in the correct age group.

Approximate Timing:

All times are approximate and may be altered on the day if running ahead or behind schedule.

8.30 am	Walk the Course	(8.30 am 3km/6km, 8.40 am 4km)
9.30 am	11-12 Years	3km (Potential Multi-Class event)
10.00 am	13 Years	3km
10.30 am	14 Years	4km
11.00 am	15 Years	4km
11.30 am	16 Years	4km
12.00 noon	17 Years	4km
12.30 pm	18-19 Years	6km
1.30 pm	Finish	

- Entry Changes:** Team changes only to be submitted on the "In / Out change sheet" by 8am on the Wednesday of the week of the carnival. From then, until the day of the carnival, only one change can be made prior to 8am, accompanied by a letter/email from the Head/Director of Sport (ASAP).

General Information

- ✓ All students are to compete in their regulation school athletics uniform.
- ✓ Students must report to the start line 10 minutes prior to their event.
- ✓ Each student will be issued with a unique timing bib which she must attach to the front of her running shirt with the included pins.
- ✓ All students must run in their correct age group.
- ✗ No spikes are to be worn.
- ✗ No iPods or similar are to be used during the event.

All competitors are expected to know the IGSA Sport cross country course. Each competitor must walk the course in the morning and speak to school staff if any part of the course appears unclear. No special consideration for the carnival point score, or IGSA Sport representative team, will be given to students who run the wrong course.

Start Line Management

Each school is allocated a start line position for each age group. Starting positions are rotated for each age group in each year of competition; some schools may share positions dependent on entry numbers.

Finish Line Management

There will be timing mats at the finish line that officially record the time of the athlete as they pass over the finish line. Their time is not recorded until they pass the finish line. Official finishing places are determined by the timing system.

A ticket may also be given to each competitor as they finish. This is an unofficial finishing place and a guide only to the athlete as to their placing. Athletes should retain their finishing ticket as a back up to the timing system.

Athletes are to leave the finish area as soon as possible after they have finished the race to keep the finish area free.

Results

The first three competitors per school are used to calculate the team's point score. If a school has no runners, or only 1 or 2 runners, they are awarded the last place + one to make up the result. E.g. 60 runners in race then a school with no runners would be allocated 3 X 61 points = 183; a school with 2 runners would get 61 + the place points for the students that finished. The team with the lowest points is the winner for that particular age group.

An overall school point score will be tallied. The school with the lowest point score will be awarded the Champion School trophy.

Protests

Any protest must be lodged in writing immediately after the race. Protests may only be lodged by Heads/Directors of Sport. All protests will be heard by the IGSA Sport staff, the IGSA Sport Cross Country Conveners and Head/Director of Sport from the school involved. The decision will be made during the carnival.

Medals and Trophies

Trophies

All trophies are to be returned on the day of the carnival – CLEANED and ENGRAVED.

School Champion Pymble Ladies' College

Most Improved St Catherine's

(Donated by St Catherine's School)

Medals

Medals will be presented on the day to the following;

- Individuals placing 1st, 2nd & 3rd
- Teams placing 1st, 2nd & 3rd (calculated from the highest 3 individual placings from that school).

The Champion School trophy will be presented on the day to the school who receives the lowest point score based on the results from all age groups.

The Most Improved School trophy will be presented to the school who improves their placing from the previous year by the most places.

Representative Team

The IGSA Sport Representative Cross Country team will be selected post event. Placing in the first eligible 15 does not guarantee automatic selection in the team. The top two eligible teams per age group (consisting of four athletes) will be selected into the IGSA Sport team for the CIS Carnival (see IGSA Sport Representative Sport Policy).

Multi-Class Athletes

IGSA Sport is looking into a multi-class division in 2024; it may be run at the same time as the 11-12 years event as it is a 3km course, and low numbers permit extra entries at this time. Students must be capable runners who can complete the course in under 25 minutes.

~~IGSA Sport does not run a multi class event however we do support multi class entries into the NSW CIS Carnival. Any school with appropriate multi class athletes are to nominate them direct to IGSA Sport to be put forward to CIS.~~

Safety

Schools are expected to take precautions to ensure the safety of all competitors.

Each school is expected to bring their own first aid kit and deal with minor injuries.

All competitors must be fit and well prepared for this event. This is not a social event that students can just turn up to for fun. It is a selection carnival for the NSW CIS Championships and always attracts a high level of talent within our association.

Students who are carrying significant injuries will not be allowed to compete. Medical officers will not be available to do any sports strapping on pre-existing injuries.

If a competitor has been ill in the week leading up to the carnival, her school should not allow her to compete e.g. viral infection.

Students that use asthma puffers or epi-pens should take them with them when the run. Students should provide their own strapping tape if required. All competitors are responsible for their own pre-race medication.

Parking and access

As you are driving into Mittagong, turn left at Fitzroy St (at the Grand Country Lodge).

- Turn left into Range Rd.
- Go over the bridge, and at the roundabout, take the 2nd exit (go straight).
- Please do not park or drop off students on Range Road. Please park on the side streets around the Frensham Campus.

Large Buses

For large buses, at the Range Rd roundabout, take the 3rd exit (turn right) onto Railway Parade, turn left into Stanley St and continue to the parking area inside the school grounds (a parking official from Frensham Ground Staff will guide drivers).

Mini buses and official cars (only) prior to 8am

- Enter via Range Rd entrance to Frensham Pool.
- Do not park at the Pool – use designated sport parking area on far side of courts.

Parents and spectators

- There is no access to any school property for parent / spectator parking.
- Please park on the streets around the school (not Range Road).

Important IGSA Sport Cross Country Dates

Date	Event
10 May 2024	IGSA Sport cross country entries – to be submitted in excel spread sheet
15 May 2024	IGSA Sport cross country entries – change sheet due
17 May 2024	IGSA Sport Annual Cross Country Carnival – Frensham
24 May 2024	IGSA Sport Annual Cross Country Carnival – Frensham BACK UP DATE
27 May 2024	IGSA Sport cross country feedback forms due
28 May 2024	NSWCIS cross country team entries due
29 May 2024	IGSA Sport cross country post-season meeting, 10am via Zoom
6 June 2024	NSWCIS Cross Country Carnival
24 July 2024	NSW All Schools Cross Country

Important IGSA Sport Cross Country Contacts

Convener & NSWCIS Representative	Cameron Morrissey, Danebank
Representative Team Managers	Katie Edwards, Pymble Ladies' College
	Lisa Thompson, SCEGGS
	Jacinta Jacobs, St Vincent's College

2024 IGSA Sport Cross Country Carnival Duties

School	Duty	Checkpoint
Abbotsleigh	Check Point marshal (1)	1
Abbotsleigh	Start marshal (1)	
Ascham School	Check Point marshal (1)	2
Ascham School	Timekeeper (1)	
Brigidine	Check Point marshal (1)	3
Canberra Girls Grammar	Check Point marshal (1)	3
Canberra Girls Grammar	Finish marshal (1)	
Danebank	Check Point marshal (1)	4
Danebank	IGSA Sport Convener	
Frensham	Course set up	
Frensham	Venue Coordinator	
Frensham	Walk the Course (2)	
Kambala	Check Point marshal (1)	4
Kincoppal - Rose Bay	Check Point marshal (1)	5
Loreto Kirribilli	No Duty	
Loreto Normanhurst	First Aid Recorder (1)	
Loreto Normanhurst	Place Judge (1)	
Meriden School	Finish marshal (1)	
Meriden School	Recorder (1)	
MLC School	Check Point marshal (1)	6
Monte Sant' Angelo	Starter (1)	
Monte Sant' Angelo	Walk the Course (1)	
New England Girls School	No Duty	
PLC Armidale	No Duty	
PLC Sydney	Check Point marshal (1)	6
PLC Sydney	Finish marshal (1)	
Pymble Ladies' College	Check Point marshal (1)	7
Pymble Ladies' College	Place Judge (1)	
Queenwood	First Aid Recorder (1)	
Ravenswood	Check Point marshal (1)	8
Ravenswood	Walk the Course (1)	
Roseville College	Check Point marshal (1)	9
Roseville College	Finish marshal (1)	

SCEGGS Darlingtonhurst	Finish marshal (1)	
St Catherine's School	Check Point marshal (1)	10
St Catherine's School	Place Judge (1)	
St Scholastica's	No Duty	
St Vincent's College	Check Point marshal (1)	11
Stella Maris College	Check Point marshal (1)	12
Tara	Start marshal (1)	
Wenona School	Check Point marshal (1)	12
Wenona School	Place Judge (1)	