



IGSA Sport Cross Country

Rules & Guidelines

Friday 12 May 2023

- 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 may enter up to 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	
9.30 am	11-12 Years	3km
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 the Wednesday (8am) 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

MLC School, PLC Sydney & 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 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. The nurses 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 they run. Students should provide their own strapping 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
5 May 2023	IGSA Sport cross country entries – to be submitted in excel spread sheet
10 May 2023	IGSA Sport cross country entries – change sheet
12 May 2023	IGSA Sport Annual Cross Country Carnival – Frensham
19 May 2023	IGSA Sport Annual Cross Country Carnival – Frensham BACK UP DATE
22 May 2023	IGSA Sport cross country feedback forms due
29 May 2023	IGSA Sport cross country post-season meeting, 10am
30 May 2023	NSWCIS cross country team entries due
8 June 2023	NSWCIS Cross Country Carnival
21 July 2023	NSW All Schools Cross Country

Important IGSA Sport Cross Country Contacts

Conveners & NSWCIS Representatives	Cameron Morrissey, Danebank
	Laura Verlinden, Pymble Ladies' College
Representative Team Managers	Laura Verlinden, Pymble Ladies' College
	Lisa Thompson, SCEGGS
	Jacinta Jacobs, St Vincent's College

2023 IGSA Sport Cross Country Carnival Duties

School	Duty	Checkpoint
Abbotsleigh	Check Point marshal (1)	12
Abbotsleigh	Start marshal (1)	
Ascham School	Check Point marshal (1)	1
Brigidine	Check Point marshal (1)	2
Canberra Girls Grammar	Check Point marshal (1)	6
Canberra Girls Grammar	Finish marshal (1)	
Danebank	Check Point marshal (1)	3
Frensham	Course set up	
Frensham	Venue Coordinator	
Frensham	Walk the Course (2)	
Kambala	Check Point marshal (1)	3
Kincoppal - Rose Bay	Place Judge (1)	
Loreto Kirribilli	Check Point marshal (1)	4
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)	4
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)	5
PLC Sydney	Finish marshal (1)	
Pymble Ladies' College	Check Point marshal (1)	6
Pymble Ladies' College	Timekeeper (1)	
Queenwood	First Aid Recorder (1)	
Ravenswood	Check Point marshal (1)	7
Ravenswood	Walk the Course (1)	
Roseville College	Check Point marshal (1)	8
Roseville College	Finish marshal (1)	
SCEGGS Darlinghurst	Finish marshal (1)	
St Catherine's School	Check Point marshal (1)	9
St Catherine's School	Place Judge (1)	
St Scholastica's	No Duty	
St Vincent's College	Check Point marshal (1)	10
St Vincent's College	Timekeeper (1)	
Stella Maris College	Check Point marshal (1)	11
Tara	Start marshal (1)	
Wenona School	Check Point marshal (1)	12