

IGSA Sport

Cross Country

Friday 12 May 2023

**Frensham School**  
**Range Rd, Mittagong**

Walk the Course 8.30 am  
Races 9:30 am – 1:30 pm  
(These times are approximate)



**FRENSHAM**

# Risk Warning

(Under Section 5M of Civil Liability Act 2002)

**On Behalf of IGSA Sport and participating IGSA Member Schools listed below:**

Abbotsleigh	MLC School	Santa Sabina College
Ascham School	Monte Sant' Angelo	SCEGGS Darlinghurst
Brigidine College	Mount St Benedict	Stella Maris College
Canberra Girls Grammar	NEGS	St Catherine's School
Danebank School	OLMC Parramatta	St Scholastica's College
Frensham	PLC Armidale	St Patrick's College
Kambala	PLC Sydney	St Vincent's College
Kincoppal-Rose Bay	Pymble Ladies' College	Tangara School
Loreto Kirribilli	Queenwood	Tara
Loreto Normanhurst	Ravenswood	Wenona
Meriden School	Roseville College	

## Cross Country Carnival 2023

The Association of Heads of Independent Girls' Schools NSW trading as Independent Girls' Schools Association (**IGSA**) and its members' schools organises many individual and team sporting activities during the course of a year. Some of these are organised with IGSA Sport, a sub-committee of the Association of Heads of Independent Girls' Schools NSW (AHIGS), now trading as IGSA. Students participating in these sporting activities take part in practice and in competitions.

IGSA and its members' schools expect students to take responsibility for their own safety by wearing compulsory safety equipment, by thinking carefully about the use of safety equipment that is highly recommended and by behaving in a safe and responsible manner towards team members, opponents, spectators, officials, property and grounds.

IGSA and its members' schools Sport also expect parents, spectators and other participants to behave in a safe and responsible manner, to comply with the Codes of Conduct and to set a good example for the students.

While IGSA and its members' schools take measures to make the cross country carnival as safe as reasonably possible for participants, there is a risk that students can be injured and suffer loss (including financial loss) and damage as a result of their participation in these sporting activities, whether at training or in actual events. Parents, spectators and officials could also be injured or suffer loss.

Such injury can occur while the student is engaging in or watching the cross country carnival, or travelling to and from the event. The injury may result from a student's actions, the actions of others, the state of the premises or equipment failure.

In particular, injury at cross country carnivals may result from slipping and falling, collisions with equipment and / or other participants, exposure to weather or being inadequately trained and / or prepared for the event.

On some occasions, an injury can be serious (such as torn ligaments, dislocations, back injuries, concussion or broken bones). In very rare cases an injury can be life threatening or result in permanent disability. If a student has a pre-existing injury, participating in a sporting activity could result in an exacerbation of that injury.

Students could also suffer loss as a result of their personal property being lost, stolen, damaged or destroyed.

It is the responsibility of IGSA members' schools to ensure that all staff and volunteers undertaking duties at any IGSA Sport event have the required "Working with Children" clearance.

# IGSA Sport Committee

## President

Ms Lisa Moloney, MLC School

## Treasurer

Ms Laetitia Richmond, Brigidine College

## Committee

Ms Lisa Moloney, MLC School (Chair)

Ms Laetitia Richmond, Brigidine College (Treasurer)

Mr Andrew Powell, Ascham School

Dr Kate Hadwen, Pymble Ladies' College

Mrs Lisa Brown, Meriden School

Mr Dale Berg, Ravenswood School

Ms Jasmine Palmer, Abbotsleigh School

Ms Sonia Berry, IGSA Executive Officer

Mrs Kate Howitt, IGSA Director of Sport

Mr Matt Mulroney, IGSA Director of Sport

## IGSA Sport Cross Country Convener

Cameron Morrissey (Danebank School) & Laura Verlinden (Pymble Ladies' College)

## Committee

One representative from each competing school

## Special Thanks

The IGSA Sport office would like to acknowledge the continued support from Frensham, who again host our Cross Country Carnival.

In particular we would like to mention the support and work done by Ms Erin Gray (Head of Sport) and the Frensham grounds management who along with their staff, students and parents ensure that it is an enjoyable event each year.

We would also like to thank Multisport for their timing services.

## IGSA Sport Cross Country Point Score

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 = 180; 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.

## Medals and Trophies

### Medals

Medals will be presented on the day to the following:

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

### Trophies

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

Champion School

Pymble Ladies' College

Most Improved School

MLC School, PLC Sydney & St Catherine's

*(Donated by St Catherine's School)*

Most Improved School:

The school who improves their position in the final point score by the most places. If two schools are equal, then the school who has improved by the most points will be awarded the trophy.

Overall Champion School:

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

# Cross Country Rules & Guidelines

- Venue:** Frensham School, Range Rd, Mittagong.  
Proceed along Bowral Road off the Main Street into Mittagong, turn left at traffic lights into Bessemer Street and proceed under the rail bridge. Turn left onto Railway Parade.
- Duties:** See separate officials duty list.
- 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.

## 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 2<sup>nd</sup> 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, take the 3<sup>rd</sup> exit (turn right) at the Range Rd roundabout (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).

# 2023 Cross Country Duty Descriptions and Allocations

## All Officials

- Must report to the IGSA Sport tent by 8am to sign on and receive a safety vest which MUST be worn at all times.
- Check-point staff to provide IGSA Sport with their mobile phone number

### **Position Description: CHECKPOINT OFFICIAL (16)**

The checkpoint personnel are responsible for ensuring the competitors run in the correct direction and injured or sick competitors are attended to and recorders advised of any withdrawals. They are equipped with a walkie talkie. Pack up your area at the end of the last race relevant to your area – cones, signs, bunting – take to nearest road access

**\*\* Require their own chair, be dressed for all weather conditions (umbrella & sun screen / hat) and have their own refreshments. Preferably first aid trained.**

### **Position Description: STARTER (1)**

Responsible for starting all races. The starter must use appropriate starting equipment and all safety consideration must be taken. A roaming mic and speaker are required to be brought.

### **Position Description: START MARSHAL (2)**

Responsible for assembling athletes before the start of an event. Ensuring all competitors start from behind the start line and in the allocated area and counting the number of starters.

### **Position Description: PLACE JUDGE (3)**

Responsible for handing unofficial place tickets (raffle tickets) to competitors in the order they finish and ensuring the finish chute is managed well.

### **Position Description: FINISH MARSHAL (5)**

Finish marshals are to manage the finish area and clear the finish line. Direct the movement of competitors from the finish line. They provide first aid support where required and hold place tickets for injured or distressed athletes who have finished and collapsed.

### **Position Description: TIMEKEEPER (2)**

Responsible for the backup timing of each race and/or assisting the official timekeeping provided by Multisport Australia. They are situated at the finish chute.

### **Position Description: RECORDER (1)**

The recorder is responsible for the recording of competitor places for each race and are situated in the IGSA tent. They should also record withdrawals and advise Multisport of any changes.

### **Position Description: FIRST AID RECORDER (2)**

Responsible for documenting and recording any first aid administered during the event, and to assist in advising schools of injuries and non-finishing athletes. Assist IGSA in with liaising with nursing staff, checkpoint officials (via walkie talkie), schools and recorders to deal with injuries and withdrawals.

### **Position Description: WALK THE COURSE (4)**

Staff and students from Frensham to lead the two course walks before the commencement of races.

## 2023 Cross Country Duty Descriptions and Allocations

School	Duty
Abbotsleigh	Check Point Marshal (1)
Abbotsleigh	Start Marshal (1)
Ascham School	Check Point Marshal (1)
Brigidine	Check Point Marshal (1)
Canberra Girls Grammar	Check Point Marshal (1)
Canberra Girls Grammar	Finish Marshal (1)
Danebank	Check Point Marshal (1)
Frensham	Course set up
Frensham	Venue Coordinator
Frensham	Walk the Course (2)
Kambala	Check Point Marshal (1)
Kincoppal - Rose Bay	Place Judge (1)
Loreto Kirribilli	Check Point Marshal (1)
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)
Monte Sant' Angelo	Starter (1)
Monte Sant' Angelo	Walk the Course (1)
NEGS	No Duty
PLC Armidale	No Duty
PLC Sydney	Check Point Marshal (1)
PLC Sydney	Finish Marshal (1)
Pymble Ladies' College	Check Point Marshal (1)
Pymble Ladies' College	Timekeeper (1)
Queenwood	First Aid Recorder (1)
Ravenswood	Check Point Marshal (1)
Ravenswood	Walk the Course (1)
Roseville College	Check Point Marshal (1)
Roseville College	Finish Marshal (1)
SCEGGS Darlinghurst	Finish Marshal (1)
St Catherine's School	Check Point Marshal (1)
St Catherine's School	Place Judge (1)
St Scholastica's	No duty
St Vincent's College	Check Point Marshal (1)
St Vincent's College	Timekeeper (1)
Stella Maris College	Check Point Marshal (1)
Tara	Start Marshal (1)
Wenona School	Check Point Marshal (1)



School	2023 Start Section						
	12 Years	13 Years	14 Years	15 Years	16 Years	17 Years	18-19 Years
Abbotsleigh	19	15	11	7	3	23	21
Ascham School	20	16	12	8	4	24	22
Brigidine College	21	17	13	9	5	1	23
Danebank	22	18	14	10	6	2	24
Canberra Girls Grammar	23	19	15	11	7	3	1
Frensham	24	20	16	12	8	4	2
Kambala	1	21	17	13	9	5	3
Kincoppal - Rose Bay	2	22	18	14	10	6	4
Loreto Normanhurst	3	23	19	15	11	7	5
Meriden School	4	24	20	16	12	8	6
MLC School	5	1	21	17	13	9	7
Monte Sant' Angelo	6	2	22	18	14	10	8
PLC Sydney	7	3	23	19	15	11	9
Pymble Ladies' College	8	4	24	20	16	12	10
Queenwood	9	5	1	21	17	13	11
Ravenswood	10	6	2	22	18	14	12
Roseville College	11	7	3	23	19	15	13
SCEGGS Darlinghurst	12	8	4	24	20	16	14
St Catherine's School	13	9	5	1	21	17	15
St Vincent's College	14	10	6	2	22	18	16
Stella Maris College	15	11	7	3	23	19	17
Tara	16	12	8	4	24	20	18
Wenona School	17	13	9	5	1	21	19
Loreto Kirribilli, PLC Armidale, NEGS & St Scholastica's	18	14	10	6	2	22	20