

IGSA Sport

Cross Country  
30<sup>th</sup> Carnival

Friday 16 May 2025

**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 2025

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, St Scholastica's College

## Committee

Mr Andrew Powell, Ascham School

Dr Kate Hadwen, Pymble Ladies' College

Mrs Lisa Brown, Meriden School

Mr David Brock, Loreto Normanhurst

Mr Tom Hill, Wenona 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)

## 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 and MediFAST for their medical 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. if there are 60 runners in race, 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. The school with the lowest point totals across the day is the Champion School.

## 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

Kincoppal – Rose Bay

*(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.

## IGSA Sport Cross Country Champion Schools 1995-2024

| Year | Champion School        | Most Improved                                  |
|------|------------------------|--|
| 1995 | Abbotsleigh            |  |
| 1996 | Abbotsleigh            |  |
| 1997 | Abbotsleigh            |  |
| 1998 | Abbotsleigh            |  |
| 1999 | Abbotsleigh            |  |
| 2000 | Abbotsleigh            |  |
| 2001 | Pymble Ladies' College |  |
| 2002 | Abbotsleigh            |  |
| 2003 | Abbotsleigh            |  |
| 2004 | Abbotsleigh            |  |
| 2005 | Abbotsleigh            |  |
| 2006 | Pymble Ladies' College |  |
| 2007 | Pymble Ladies' College |  |
| 2008 | Abbotsleigh            |  |
| 2009 | Pymble Ladies' College |  |
| 2010 | Pymble Ladies' College |  |
| 2011 | Pymble Ladies' College |  |
| 2012 | Pymble Ladies' College |  |
| 2013 | Abbotsleigh            |  |
| 2014 | Pymble Ladies' College |  |
| 2015 | Pymble Ladies' College | Loreto Normanhurst                             |
| 2016 | Abbotsleigh            | Brigidine College                              |
| 2017 | Pymble Ladies' College | Wenona   |
| 2018 | Abbotsleigh            | Loreto Kirribilli                              |
| 2019 | Abbotsleigh            | Kambala, Kincoppal – Rose Bay & Wenona         |
| 2020 | Not Held (COVID)       | n/a  |
| 2021 | Pymble Ladies' College | Meriden School & St Vincent's College          |
| 2022 | Pymble Ladies' College | MLC School, PLC Sydney & St Catherine's School |
| 2023 | Pymble Ladies' College | St Catherine's School                          |
| 2024 | Pymble Ladies' College | Kincoppal – Rose Bay                           |

# Cross Country Rules & Guidelines

|                     |   |
|---------------------|---|
| <b>Venue:</b>       | Frensham School, Range Rd, Mittagong.<br>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). |
| <b>Duties:</b>      | See duties list at the back of the program  |
| <b>Eligibility:</b> | Athletes may only enter and run in their correct age group.   |
| <b>Age:</b>         | As at December 31 of that year.   |
| <b>Sections:</b>    | 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 & Multiclass (all ages) event      | 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   |     |

|                       |   |
|-----------------------|---|
| <b>Entry Changes:</b> | 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. Please see the end of this document for this year's allocations.

## 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 through 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. IGSA Sport can send 15 individual runners and two teams per age group to the CIS Championships.

Placing in the top 15 does not guarantee automatic selection, however IGSA expects that all runners who compete at IGSA are available for selection for CIS, barring those schools who does not use CIS as their pathway.

The top two eligible teams per age group (consisting of four athletes from the same school) will be selected into the IGSA Sport team for the CIS Championships (in addition to the 15 individuals), to compete in the teams event (see IGSA Sport Representative Sport Policy).

## Multi-Class Athletes

IGSA Sport will hold a 3km multi-class event at the same time as the 11 - 12 years event. Students must be capable runners who can complete the course in under 25 minutes. Runners will be eligible for medals however points will not be allocated for this event.

This is not a pathway event; multi-class runners will need to nominate directly to compete at 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 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, at the Range Rd roundabout, take the 3<sup>rd</sup> 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).

## 2025 Cross Country Duties

| School                   | Duty                       | Checkpoint |
|--------------------------|----------------------------|------------|
| Abbotsleigh              | Check Point marshal (1)    | 1          |
| Abbotsleigh              | Walk the course (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          |
| 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       | Track marshal (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   | Walk the course (back) (1) |            |
| Queenwood                | Finish marshal (1)         |            |
| Queenwood                | First Aid Recorder (1)     |            |
| Ravenswood               | Check Point marshal (1)    | 8          |
| Ravenswood               | Start marshal (1)          |            |
| Roseville College        | Check Point marshal (1)    | 9          |
| Roseville College        | Finish marshal (1)         |            |
| SCEGGS Darlinghurst      | Finish marshal (1)         |            |
| St Catherine's School    | Check Point marshal (1)    | 10         |
| St Catherine's School    | Walk the course (back) (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            | Track marshal (1)          |            |



| School                               | 2025 Start Section |                |             |             |             |             |             |                |
|--------------------------------------|--------------------|----------------|-------------|-------------|-------------|-------------|-------------|----------------|
|                                      | M/C                | 11-12<br>Years | 13<br>Years | 14<br>Years | 15<br>Years | 16<br>Years | 17<br>Years | 18-19<br>Years |
| Abbotsleigh                          |                    | 15             | 11          | 7           | 3           | 23          | 19          | 17             |
| Ascham School                        |                    | 16             | 12          | 8           | 4           | 24          | 20          | 18             |
| Brigidine College                    |                    | 17             | 13          | 9           | 5           | 1           | 21          | 19             |
| Canberra Girls Grammar               |                    | 18             | 14          | 10          | 6           | 2           | 22          | 20             |
| Danebank & PLC Armidale              | 12                 | 19             | 15          | 11          | 7           | 3           | 23          | 21             |
| Frensham                             |                    | 20             | 16          | 12          | 8           | 4           | 24          | 22             |
| Kambala                              |                    | 21             | 17          | 13          | 9           | 5           | 1           | 23             |
| Kincoppal - Rose Bay                 |                    | 22             | 18          | 14          | 10          | 6           | 2           | 24             |
| Loreto Normanhurst                   |                    | 23             | 19          | 15          | 11          | 7           | 3           | 1              |
| Meriden School                       |                    | 24             | 20          | 16          | 12          | 8           | 4           | 2              |
| MLC School                           |                    | 1              | 21          | 17          | 13          | 9           | 5           | 3              |
| Monte Sant' Angelo                   |                    | 2              | 22          | 18          | 14          | 10          | 6           | 4              |
| PLC Sydney                           |                    | 3              | 23          | 19          | 15          | 11          | 7           | 5              |
| Pymble Ladies' College               | 12                 | 4              | 24          | 20          | 16          | 12          | 8           | 6              |
| Queenwood                            |                    | 5              | 1           | 21          | 17          | 13          | 9           | 7              |
| Ravenswood                           |                    | 6              | 2           | 22          | 18          | 14          | 10          | 8              |
| Roseville College                    |                    | 7              | 3           | 23          | 19          | 15          | 11          | 9              |
| SCEGGS Darlinghurst                  |                    | 8              | 4           | 24          | 20          | 16          | 12          | 10             |
| St Catherine's School                |                    | 9              | 5           | 1           | 21          | 17          | 13          | 11             |
| St Scholastica's & Loreto Kirribilli |                    | 10             | 6           | 2           | 22          | 18          | 14          | 12             |
| Stella Maris College                 |                    | 11             | 7           | 3           | 23          | 19          | 15          | 13             |
| St Vincent's & NEGS                  |                    | 12             | 8           | 4           | 24          | 20          | 16          | 14             |
| Tara                                 |                    | 13             | 9           | 5           | 1           | 21          | 17          | 15             |
| Wenona School                        |                    | 14             | 10          | 6           | 2           | 22          | 18          | 16             |