

1. See General Regulations Governing Sporting Competitions.
2. Cross Country is conducted under the rules of Athletics Victoria unless otherwise stated.
3. **Age Group:** The Boys competition will be conducted in three categories:

Junior	Boys in Years 7 & 8
Intermediate	Boys in Years 9 & 10
Open	Boys in any Year level

4. **Events, distances & starting times:**

9.30am	Under 15 & Open Girls	3000m - 4500m
10.00am	Yr 7 -8 & Yr 9-10 Boys	3000m - 6000m
10.30am	Open Boys	5000m - 7000m

- a. These are the intended starting times.
- b. Races will not start earlier than these stated times, however, they may be started later due to restrictions at some venues.
- c. The late starting of an event does not imply that subsequent events will start later than the advertised time.

5. **Premiership competition: Events and Fixture:**

- a. The season will consist of six Premiership races.
- b. Only the Open events in the six Premiership races will count towards the Premiership.
- c. The APSOC Challenge, where possible, should be the first event of the season.
- d. The fixture will consist of a mixture of two and three cornered matches so that each school meets every other school once during the season.
- e. The seasonal fixture will be based upon the ladder placings from the previous season. Where possible, the 1st and 2nd team of the preceding season should be drawn in the last round of competition.
- f. **In the event of two or more teams finishing on equal points at the end of the final round, the final placings will be determined on the results of the head to head contest between those teams. Should two or more teams be unable to be separated, then the seeding will be determined by the placing of the sixth runner. Where schools are unable to be separated, teams will be listed alphabetically A-Z in even years (i.e. 2020, 2022) and Z to A in odd years (i.e. 2021, 2023) etc.**

	Round 1	Round 2	Round 3	Round 4	Round 5	Round 6
Race 1	2, 4	1, 8	1, 6	1, 4	1, 7	4, 7
Race 2	1, 5,9	2, 6, 7	3, 4, 8	7, 8, 9	4, 5, 6	1, 2, 3
Race 3	3, 7	3, 5	2, 9	2, 5	2, 8	5, 8
Race 4	6, 8	4, 9	5, 7	3, 6	3, 9	6, 9

6. **Team results:**

i) **Open races**

- a. For Open Boys the first six athletes across the line constitute a team's placing and result.
- b. The next four athletes from that team to finish before the sixth runner of an opposition team can affect other teams' placing points.
- c. A maximum of ten athletes can affect the final points score.
- d. Scoring in Open races will be based upon the placing of runners within the designated match not on the overall race place.
- e. The school team with the lowest total aggregate of their first six runners' placings will be declared the winner.

ii) **Junior & Intermediate races**

- a. Teams will consist of the first four runners in Junior and Intermediate races.
- b. All schools will be against each other in these races.
- c. There will be no restriction on the number of runners affecting the final points score.
- d. Although the Junior and Intermediate races will be held concurrently in the same event the bib numbers will be used in processing the results, they will be considered to be two separate races and placings and results determined separately.
- e. The school team with the lowest total placing's will be declared the winner.

7. **Competition Scoring**

a. **Open Competition will be scored as follows**

- Three-school meet: 1st - 6 points, 2nd - 4 points, 3rd - 2 points, incomplete team - 0 points
- Two-school meet: 1st - 6 points, 2nd - 4 points, incomplete team - 0 points

Should teams tie on points in a race, the premiership points for the race shall be divided equally between the teams.

- b. **Junior and Intermediate competition will be scored as follows**
 1st - 12 points, 2nd - 10 points, 3rd - 9 points, 4th - 8 points, 5th - 7 points, 6th - 6 points, 7th - 5 points, 8th - 4 points, 9th - 3 points, 10th - 2 points
 Should teams tie on points in a race, the points for the race shall be divided equally between the teams.
- c. **Premiership:** The Premiership will be decided on points. Should any two or more teams be equal and have competed against each other, the team winning that contest shall take precedence otherwise the teams shall be declared equal.
8. **Footwear and dress**
- Appropriate school sports uniform is to be worn.
 - Ipods or any other similar audio device may not be worn in competition.
 - Runners may wear spikes in all events, **unless otherwise advised by the organising school.**
 - No runner, for safety reasons, is permitted to run in bare feet.
9. **Runner conduct and Protests**
- Pacing by non-competitors in any event is not allowed.
 - Runners must run the designated course as set out by the host school(s). **Any athlete found to have cut the course will be disqualified following an appropriate investigation and their result will not be recorded in the final results or team score.**
 - Runners may not deliberately block another competitor from passing
 - Competitors not abiding by the rules of the competition will be disqualified from their event and must be reported to the Teacher-in-Charge of Cross Country running from the school concerned.
 - In the event of a dispute, a Dispute Committee shall be convened, which will consist of three teachers-in-charge of Cross Country (Mr Peter Hawkins, MGS, Chairman). The members of the Dispute Committee must not include any school involved in the dispute.
10. **Organisation of the Meeting and host school(s) responsibility**
- Host schools may not invite additional schools or individual runners from non APS schools to compete. Runners from non-APS schools should not be allowed to start.
 - The host school(s) is responsible for organising the meeting.
 - Host school(s) should forward to competing schools at least seven days prior to the event details of the event. This should include :
 - Maps indicating routes to the venue and plans of the courses,
 - Approximate distance stated for each event.
 - Change facilities and toilet locations.
 - Start times for races.
 - It is the responsibility of organising schools to arrange booking of the venue. It is suggested that this is done at the earliest opportunity, as some venues need to be booked before the end of the previous year.
 - It is the responsibility of host schools to arrange medical supervision for the meeting.
 - The host school is responsible for the marking of the course, marshalling around the course, starting of the race, the finish area, collection of race tags, timing of the first twenty runners, and the general conduct of the race.
 - At the end of the event, the host school must pass on to the school responsible for results processing the collected spike of tags and a list of the first twenty times.
11. **The Course**
- Courses are to be clearly marked, leaving no room for confusion. If necessary, changes in direction should be manned by officials, previously briefed by the member of staff organising the meeting.
 - CIRCUIT COURSES**, involving less than three (3) laps, are recommended where they add to spectator interest and do not give rise to confusion with multiple laps that are too short.
 - A roped-off area before and after the finish sign is to be provided.
12. **The Start**
- The start should be in such a position as to allow the field to get away cleanly and safely and indicated by two lines (rear assembly line and start line) each 22 metres long and 10 metres apart. Return lines should be marked at 2 metre intervals to allow for 3 lead runners per School.
 - Competitors will be marshalled and lined up in correct order on the rear line before moving to the start line on the starter's command.
 - For the Open boys' race, runners from each school shall be in order of the day's draw, from left to right as viewed by the starter.
 - It is the starter's responsibility to ensure that each school has a **maximum** of three runners on the start line.
 - The starter's order will then be:
 - On the whistle move forward to the start
 - Pistol shot Start
13. **The Finish**
- An official is to be appointed to count and clearly call each runner's finishing position.
 - Stop watches should be made available by the host school for timing the first **twenty** placegetters in each event.
 - One official is to collect runner tags. These are to be placed on the spike in the order in which runners finished the race.

- d. The tags should be spiked through the eyelet and **not** collected on the rubber band. The large number on the tag should be facing **down**.

At least one official should be used to maintain order in the finishing chute and to ensure runners.

14. Results processing

- a. Every runner is to carry a reusable bib during the race (issued by the APS Sport office. **Any athlete not wearing an APS race bib will not be awarded with a result on any given event.**
- b. The bib is to be attached by pins to a runner's clothing.
- c. The bib will display the runners number.
- d. Tags will be generated by a designated school/TIC as determined at the review meeting of each year.
- e. Each runner will have an individual bib number allocated to them according to their school. This number will assist the school responsible for results to process the results quickly.

Number allocation & school abbreviation (code) will be:

Brighton Grammar	001 - 099	BGS
Carey Grammar	100 - 199	CY
Caulfield Grammar	200 - 299	CAUL
Geelong College	300 - 399	GC
Geelong Grammar	400 - 499	GGS
Haileybury	500 - 599	HY
Melbourne Grammar	600 - 699	MGS
St Kevin's College	700 - 799	SKC
Scotch College	800 - 899	SC
Wesley College	900 - 999	WC
Xavier College	1000 - 1099	XC

- a. To assist in the generation of bibs and a data base of runners for the season, each school is asked to forward the details of their runners to the APS Sport office by the end of term one.
- b. Additional runners to school squads need to be communicated to the APS Sport office so new bibs can be allocated.
- c. A competing runner must have a bib to compete in the race.
- d. Results should be forwarded by e mail to schools as soon as practicable after the race.
- e. It is recommended that the GoPro video of each race be retained until the Thursday following the race to enable adjudication of disputes should they arise.
- f. The responsibility for results processing and general host duties will be on a rotational basis of two years per school. The roster will be:

2025 & 26	XC
2027 & 28	BGS
2029 & 30	CY

18. APS Representative Squad Selection

An APS Representative Squad of 12 runners, based on results, be selected to compete against the ASGV. In the Representative competition the first 10 runners times will count towards the team score.

A two-tier nomination process will occur. A provisional round of nominations would be accepted after Round 3 and then a final round of nominations after Round 6. Selectors should be monitoring all runners at all events and including coaches from each school. The APS Cross Country Representative teams will be announced and presented at the final meet as part of the end of season presentations.

Selectors:	2024	HY, MGS, GGS
	2025	BGS, SKC, CY
	2026	WC, SC, Caul
	2027	XC, GC, HY