

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

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| Under 15 | Girls Under 15 years of age as of 1 June in the year of competition |
| Open | Girls of any age |
4. **Events, distances & starting times:**

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|---------|--------------------------|---------------|
| 9.30am | Under 15 & Open Girls | 3000m - 4500m |
| 10.00am | Yr 7-8 Boys 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 & Fixture**
 - a. The season will consist of six Premiership races and the APSOC Challenge race.
 - 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 team with the greatest aggregate points for the six premiership races will be determined the Premier.
 - e. Should two or more teams tie on points, the Premiership will be shared.
 - f. The Open Girls race and the Under 15 Girls race will be conducted concurrently as one event differentiated by their bib numbers.
 - g. In processing the results, all finishers in the Girls race will be placed as a competitor in the Open race.
 - h. Under 15 competitors will then have their finish placing calculated for the Under 15 competition with the 1st Under 15 competitor scoring 1 point, 2nd Under 15 competitor 2 points etc.
6. **Team results**
 - i) **Open competition**
 - a. **For Open Girls the first six athletes across the line constitute a team's placing and result.**
 - b. All schools will be against each other in these races.
 - c. The school team with the lowest total aggregate of their first five runners' placings will be declared the winner. Subsequent placings will be determined from lowest to highest aggregate points.
 - d. Teams failing to have five runners finish will be declared to not have an incomplete team and no points will be achieved.
 - e. There will be no restriction on the number of runners affecting the final points score.
 - f. Points will be allocated as follows:

| | | | | | | | | | | | |
|------------------|----------|------------|---|------------|---|------------|---|------------|---|------------|----|
| 1st place | 7 points | 2nd | 5 | 3rd | 4 | 4th | 3 | 5th | 2 | 6th | 1. |
|------------------|----------|------------|---|------------|---|------------|---|------------|---|------------|----|

Should the competition receive a new team, points would increase by 1 point for each placing so that the last placing receives 1 point and the first placing receives a two point bonus.

 - g. Should teams tie on points in a race, the points for the placings will be divided equally between the teams.
 - h. Under 15 Girls can count in both Open and Under 15 Girls competition points aggregates. Their position and points, will be credited towards both their school's U15 and Open Girls teams.
 - ii) **Under 15 competition**
 - a. For Under 15 Girls the first four athletes across the line constitute a team's placing and result.
 - 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. The school team with the lowest total aggregate of their first five runners' placings will be declared the winner. Subsequent placings will be determined from lowest to highest aggregate points.
 - e. Teams failing to have five runners finish will be declared to not have an incomplete team and no points will be achieved.
 - f. There will be no restriction on the number of runners affecting the final points score.
 - g. Points will be allocated as follows:

| | | | | | | | | | | | |
|------------------|----------|------------|---|------------|---|------------|---|------------|---|------------|----|
| 1st place | 7 points | 2nd | 5 | 3rd | 4 | 4th | 3 | 5th | 2 | 6th | 1. |
|------------------|----------|------------|---|------------|---|------------|---|------------|---|------------|----|

Should the competition receive a new team, points would increase by 1 point for each placing so that the last placing receives 1 point and the first placing receives a two point bonus.

 - h. Should teams tie on points in a race, the points for the placings will be divided equally between the teams.

7. **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.
 - No runner, for safety reasons, is permitted to run in bare feet.
8. **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. Any disqualification must be reported to the Teacher-in-Charge of Cross Country 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 Paul Jepson, CY, Chairman). The members of the Dispute Committee must not include any school involved in the dispute.
9. **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.
10. **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.
11. **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 Girls race, runners from each school shall be allocated one of the sections of the start grid by the race 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/horn Start
12. **The Finish**
- An official is to be appointed to count and call clearly each runner's finishing position.
 - Stop watches should be made available by the host school for timing the first **twenty** placegetters in each event.
 - At least one official should be used to control the finishing chute and to ensure runners don't remain at the finish line.

13. 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 :

| | | |
|-------------------|-----------|-------------|
| Carey Grammar | 100 - 199 | CY |
| Caulfield Grammar | 200 - 299 | CAUL |
| Geelong College | 300 - 399 | GC |
| Geelong Grammar | 400 - 499 | GG |
| Haileybury | 500 - 599 | HY |
| Wesley College | 900 - 999 | WC |

AGSV Schools:

| | | |
|----------------------|-------------|-------------|
| Assumption College | 1100 - 1200 | ACK |
| Ivanhoe Grammar | 1201 - 1300 | IGS |
| Mentone Grammar | 1301 - 1400 | MENT |
| Penleigh & Essendon | 1401 - 1500 | PEGS |
| The Peninsula School | 1501 - 1600 | TPS |
| Yarra Valley Grammar | 1601 - 1700 | YV |

- a. To assist in the allocation 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 will be on a rotational basis of two years per school. The roster will be:

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|-----------|-----|
| 2023 & 24 | WC |
| 2025 & 26 | XC |
| 2027 & 28 | BGS |

14. APS Representative Squad Selection:

An Open Age Representative APS Squad of up to 10 runners, based on results, be selected to compete against the AGSV. The first 6 home being the team. **This will consist of a two-tier nomination process. A provisional round of nominations would be accepted after Round 3 (current process) and then a final round of nominations after Round 6 (Saturday night of final round). 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:

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|------|-----------|
| 2024 | CY & GC |
| 2025 | Caul & WC |
| 2026 | GG & HY |