

APS PRIMARY CROSS COUNTRY

1. See General Regulations Governing Sporting Competitions.
2. Cross Country is conducted under the rules of Athletics Victoria unless otherwise stated.
3. **Age Group:** Competition will be conducted in three categories: 9/10 years, 11 years and 12/13 years. Boys and Girls may run together but should be given gender specific results upon finishing. Ages are calculated at 31 December in the year of competition.
4. Events, distances and starting times:

Approx 1.40pm	9/10 Years
Approx 1.55pm	11 Years
Approx 2.15pm	12/13 Years
5. **Footwear and Dress:**
 - a. Appropriate school sport uniform is to be worn
 - b. Ipod or any other similar audio device may not be worn in competition.
 - c. No runner, for safety reasons, is permitted to run in bare feet.
6. Runners may not deliberately block another competitor from passing.
7. **Organisation of the Meeting and host school(s) responsibility**
 - a. Host school(s) should forward competing schools at least 3 days prior to the event details of the event. This should include:
 - i. Maps indicating routes to the venue and plans of the courses.
 - ii. Approximate distances stated for each event.
 - iii. Change facilities and toilet locations.
 - iv. Start times for races.
 - b. It is the responsibility of organising schools to arrange booking of 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.
 - c. Schools are generally responsible for their own First Aid.
 - d. The host school is responsible for the marking of the course and arranging marshalling jobs around the course (with assistance from visiting schools as required).
 - e. At the end of the event, children should be told their place as they cross the finish line, providing immediate feedback.
8. **The Course:** Courses are to be clearly marked, leaving no room for confusion, and should be out and back courses to start and finish at approximately the same area. If necessary, changes in direction should be manned by officials, previously briefed by the member of staff organising the committee.
Distances should be as close as possible to the following:
9/10 Years – 2km
11 Years – 3km
12/13 Years – 3km
9. **The Start:** The start should be in such a position to allow the field to get away cleanly and safely.
10. **The Finish:** An official is to be appointed to count and call clearly each male and female runner's finishing position.