

# NSW CIS



## CROSS COUNTRY CHAMPIONSHIPS PROGRAM OF EVENTS & RULES

*Thursday 8 June 2023 – Sydney International Equestrian Centre*

### PROGRAM OF EVENTS

TIME	DESCRIPTION OF ACTIVITY
7.30am	Gates of the Equestrian Centre are Officially Open
8.00am	Secondary Officials to check-in on Arrival
8.15am	Secondary Officials Briefing – Roles and Responsibilities
8.30am	Walk the Course for Secondary – 3000m and 4000m
9.15am	Course Closed in readiness for 1 <sup>st</sup> Race at 9.30am

### SECONDARY RACE SCHEDULE

TIME	EVENT #	AGE DIVISION	DISTANCE
9.30am	1	18 + Years Girls Division	6000m
9.45am	2	18 + Years Boys Division	8000m
10.00am	3	17 Years Girls Division	4000m
10.10am	4	17 Years Boys Division	6000m
10.25am	5	16 Years Girls Division	4000m
10.35am	6	16 Years Boys Division	6000m
10.50am	7	15 Years Girls Division	4000m
11.00am	8	15 Years Boys Division	4000m
11.10am	9	14 Years Girls Division	4000m
11.20am	10	14 Years Boys Division	4000m
11.35am	11	13 Years Girls Division	3000m
11.45am	12	13 Years Boys Division	3000m
11.55am	13	12 Years Girls Division	3000m
12.05pm	14	12 Years Boys Division	3000m
12.15pm	15	Secondary Para-Athletes	3000m

### LUNCH BREAK



# CROSS COUNTRY CHAMPIONSHIPS PROGRAM OF EVENTS & RULES

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*Thursday 8 June 2023 – Sydney International Equestrian Centre*

## PROGRAM OF EVENTS

TIME	DESCRIPTION OF ACTIVITY
12.00pm	Primary Officials to check-in on Arrival
12.15pm	Primary Officials Briefing – Roles and Responsibilities
12.30pm	Walk the Course for Primary – 2000m and 3000m
1.10pm	Course Closed in readiness for 1 <sup>st</sup> Race at 1.23pm

## PRIMARY RACE SCHEDULE

TIME	EVENT #	AGE DIVISION	DISTANCE
1.23pm	16	Primary Para-Athletes	2000m
1.25pm	17	8-9 Years Girls	2000m
1.30pm	18	8-9 Years Boys	2000m
1.40pm	19	10 Years Girls	2000m
1.50pm	20	10 Years Boys	2000m
2.00pm	21	11 Years Girls	3000m
2.15pm	22	11 Years Boys	3000m
2.30pm	23	12-13 Years Girls	3000m
2.40pm	24	12-13 Years Boys	3000m

## END OF THE CHAMPIONSHIPS



# CROSS COUNTRY CHAMPIONSHIPS GUIDELINES & RULES

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## COLLECTION OF RACEPLATE

- On Arrival at the Equestrian Centre, Athletes will be required to collect their Race Plate from their Association.
- Each Association will be provided with an Allocated Table/Area inside the Indoor Arena, where you will be able to collect your Race Plate.
- All Associations will be allocated some Grand Stand Seating – please see Indoor Arena Map for your allocation...your Area will be clearly marked on the day of the Championships.

**N.B.** Primary Associations will not be allocated seating until after 11.00am, to allow time for some of the Secondary Students to have competed and finished.

## AGE GROUPINGS

- Competitors must compete in their own age group.
  - Age groupings are based on the age the competitor is turning this year.  
(For example, if a girl turns 10 this year, she must run in the 10 Years Girls 2000m event.)

## MARSHALLING PROCEDURES

- All Athletes will be required to Marshall in the designated Area located next to the Indoor Finishing Arena:
  - **15 minutes prior to race start** – Announcer will call athletes to the Marshalling Area;
  - **7 minutes prior to race start** – Athletes will be ready to be walked to the starting Area;
  - **3 minutes prior to race start** – Athletes will be walked to the Start Line;

## THE START

- Competitors will line up on the start line. Association competitors shall line up together.
- The starting command shall be: 'On your marks' followed by the firing of the gun. A second firing shall indicate a recall.
- Para-athletes with hearing disability will be required to adhere to the following:

- Prior to starting the race a coloured band must be fitted to the right wrist and any hearing devices are to be removed and placed into a container provided by the athlete' (A suitable container will be provided for collection of the containers and these will be available for collection at the end of the race.
- A white flag will be dropped in plain site of the athletes to indicate the start of the race; this should be done as the starting gun is fired. A red flag will be waved to indicate a false start.
- Visually Impaired – T11, T12 or T13. T11 athletes MUST have a guide. T12 and T13 athletes may elect to have a guide.

## **THE FINISH**

- Competitors are deemed to have finished upon crossing the finish line.
- Competitors shall be recorded by chip timing once they pass the finish line. The first 12 Secondary and first 8 Primary finishers in each race will also be given place ticket.
- All T 11, 12 & 13 Multi Class-athletes - The guide must be behind the Athlete as they cross the finish line.
- The first 6 place getters plus 2 reserves in the primary event and the first 10 plus 2 reserves in the secondary events (place Ticket getters )will be directed to the recording area to:
  - ensure administrative details have been recorded
  - be informed of the next steps and how they will receive information.
  - purchase CIS uniform/apparel and pay the team member levy to compete at the next level. (Parents will be invited to assist in fitting for apparel if they are present)
- All other competitors will return to their team areas.
- The first 3 finishers in each race will be presented with medallions.

## **PARA-ATHLETES**

- Placings for Para-athletes events will be determined using the para-athlete formula i.e. comparing the athlete's time to the 1500m (Prim) or 5000m (Sec) time for their classification and determining the percentage. All percentages for all Multi Class-athletes classes will be calculated and the highest percentage wins, second highest second etc.

## **RACE RULES**

- All competitors must wear shoes.
- All Competitors must run in their Association Singlets.
- Spiked footwear is unsuitable for this course and MUST NOT be worn.
- No pushing, tripping or interference with other competitors is allowed.
- No competitor shall use an IPod, MP3/4 or other listening device during the race.
- No competitor is to receive assistance or refreshments during the race.
- All competitors must display their chest plate number.
- Asthma medication may be taken during the course of the race.
- Spectators and coaches are prohibited from running alongside a competitor at any time.

## GENERAL RULES

- Spectators are not permitted to go onto the course, cross the track or enter the recording area.
- NSW CIS Carnival Convenors reserve the right to alter the program if need be.
- Protests must be made in writing to the Carnival Managers/Convenors within 30 minutes of the completion of the event concerned.
- All final decisions concerning team selection, unfair competition and failure to comply with carnival rules shall be decided by Carnival Managers/Convenors.
- Those selected to represent the NSW Combined Independent Schools will go through to the NSW PSSA and All Schools State Cross Country at Sydney Motorsport Park on Friday 21 July 2023.

## SCHOOL TEAMS EVENT

- A School Team comprises the results of 4 competitors from the same gender in the same age group – the times of the first 4 members are added together and the lowest overall time is the winner of the team event. Only the team with the lowest combined time each event will be presented with team medals. There is no further pathway for the team.

## PROTESTS

- All protests must be lodged in writing through Association Team management within 30 minutes of the event and handed to the CIS Cross Country Convenor.

## CIS TEAM SELECTION

- Competitors finishing in the Top 6 in a Primary Race and Top 10 in a Secondary Race at the CIS Championships will be selected in the CIS Cross Country Team.
- These students will be asked to report to the Recording Room (which will be located near the Café & Food Outlets) to register, pay the team member levy and purchase CIS uniform, at the conclusion of the event.
- Places 7 & 8 in the Primary section and 11 & 12 in the Secondary **are the Reserves** and are also required to report to the recording room.
- Those selected to represent CIS will attend the NSW All Schools / PSSA Championships to be held on Friday 21<sup>st</sup> July 2023 at Sydney Motorsport Park.

## PRESENTATIONS

- Presentations will be held as soon as possible after each Event (1<sup>st</sup> – 3<sup>rd</sup> Individual and 1<sup>st</sup> Team per Age group), will be able to collect their Medals from the Presentation Table.

## RESULTS

- All results can be viewed via the Multisport website - [www.multisportaustralia.com.au](http://www.multisportaustralia.com.au)