

SACCSS CROSS COUNTRY CHAMPIONSHIPS 2023

1. The Cross Country Carnival will be held on **Tuesday 30th April 2024** at **Brimbank Park, Keilor**.
2. Pennants will be awarded to winning school in the following categories:

<i>Junior Boys</i>	<i>Junior Girls</i>	<i>Junior Aggregate</i>
<i>Intermediate Boys</i>	<i>Intermediate Girls</i>	<i>Intermediate Aggregate</i>
<i>Senior Boys</i>	<i>Senior Girls</i>	<i>Senior Aggregate</i>
- A Perpetual Trophy will be awarded to the winning school in the following categories:

<u>Junior</u> Aggregate
<u>Intermediate</u> Aggregate
<u>Senior</u> Aggregate
3. Medallions will be presented to the first three placing's in each race.
4. The events will be as follows:

13 years Junior Girls	3 km
13 years Junior Boys	3 km
14 years Junior Girls	3 km
14 years Junior Boys	3 km
15-16 years Intermediate Girls	3 km
17-20 years Senior Girls	3 km
15-16 years Intermediate Boys	4 km
17-20 years Senior Boys	4 km
5. Teams shall consist of no more than the following number of competitors:

13 years Junior Girls	10 Competitors
13 years Junior Boys	10 Competitors
14 years Junior Girls	10 Competitors
14 years Junior Boys	10 Competitors
15-16 years Intermediate Girls	10 Competitors
15-16 years Intermediate Boys	10 Competitors
17-20 years Senior Girls	10 Competitors
17-20 years Senior Boys	10 Competitors

Team entries are due in ***Friday 19th April 2024 – emailed to SACCSS EOs***

Placing's in team events are decided by totalling

- a. The first 6 competitors from each school in the Junior events;
- b. The first 6 competitors from each school in the Intermediate events and
- c. The first 6 competitors from each school in the Senior events.

These placing's are totalled and the school with the lowest total is the winner.

In the event of a tie, the team whose last scoring member finished closest to the winner takes precedence. If a school fails to have the full number of runners in the Junior, Intermediate and Senior events complete the course, then the school shall be awarded the place/s after the final runner has completed the course.

6. Each school shall ensure their team wears the correct uniform. Students may compete in school sports short, running shorts or compression tights.
7. All competitors are to pin the bibs to the front of their shirt/ singlet.
8. No spikes are to be worn. **Any competitor wearing spikes will be disqualified.**
9. All competitors are to remain in finishing order at the finish line.
10. **NO RUNNERS** are permitted to compete in their event with headphones/earbuds. **Any competitor running with headphones/ earbuds will be disqualified.**

11. Starting times for events are to be:

	Arrival	9:30 am
	Pre race address	10:15 am
Event 1	13 yr Junior Girls	10:30 am
Event 2	13 yr Junior Boys	10:55 am
Event 3	14 yr Junior Girls	11:20 am
Event 4	14 yr Junior Boys	11:45 am
Event 5	15-16 yr Intermediate Girls	12:10 pm
Event 6	17-20 yr Senior Girls	12:35 pm
Event 7	15-16 yr Intermediate Boys	1:00 pm
Event 8	17-20 yr Senior Boys	1:25 pm
	Presentation	2:00pm
	Departure	2:30 pm

12. Promotion/Relegation

The two schools with the highest average across all 3 categories in Division 1 will be relegated to Division 2. The two schools with the lowest average in Division 2 will be promoted to Division 1. For 2023 they are:

<p><u>Division 1</u> CRC Sydenham CRC Caroline Springs MacKillop Marymede – South Morang CRC North Keilor Salesian St. Monica’s Thomas Carr</p>	<p><u>Division 2</u> Antonine Caroline Chisholm Emmanuel Penola CRC St. Albans Kolbe St. Francis College - Melton Marymede – Doreen St Francis College – Cobblebank</p>
--	---

13. Each school is to provide staff for supervision and the assigned roles as advised by the Executive Officer.

14. First Aid – Each school should bring a basic first aid kit and mobile phone. St. John’s Ambulance or the equivalent will be booked for the event.

15. 2024 Cross Country Start Line

MACK	AC	MCC SM	TCC	CSP	SAL	KCC	SFCCOB
EMC	CRC NK	MCC DOR	CCCC	PCC	STA	SFCMEL	SMC
							SYD

Schools are allowed to have **three** students on the start line and the rest of the team is to line up behind those students. In the event there is more room on the start line (i.e. senior races) it will be at the start official’s discretion as to how many students will be allowed to line up on the start line. These places will be rotated each year.

SACCSS Cross Country Records Brimbank Park

13 years Male 3km			
Jarrold Hetherington	Salesian	2005	9:54:00
14 years Male 3km			
Campbell Brooks	Marymede	2022	9:34.60 (AR)
13 years Female 3km			
Liana Fitzpatrick	Salesian	2008	10:43.93
14 years Female 3km			
Liana Fitzpatrick	Salesian	2008	10:43.93
15- 16 years Males 4km			
Riley Coughlan	Salesian	2023	13:47.90
15- 16 years Females 3km			
Rachael Menadue	MacKillop	2006	10:41:78 (AR)
17- 20 years Male 4km			
Alex Abela	Caroline Chisholm	2023	13:17.60 (AR)
17 – 20 years Female 3km			
Michelle Matthews	MacKillop	2007	10:43:55

- NOTE: New 4km course was established in 2023. Previous records were retired and new records set at the 2023 Cross Country Championships for events 7 and 8.

RETIRED RECORDS

15- 16 years Males 4km			
Matthew Bruno	St Monica's	2009	13:32.00
17- 20 years Male 4km			
Gerard Sutton	St Monica's	2012	11:57.42