



queensland running



ALL SCHOOLS CROSS COUNTRY CHAMPIONSHIP

SATURDAY 14 MAY 2016

St Paul's School, Attunga Street, BALD HILLS

**Schools based individual & teams competition
featuring
individual and teams medals plus prize money
for successful participating schools**

The picturesque venue at St Paul's School, Bald Hills provides a true cross country course of undulating terrain. There are no water crossings or sharp turns on the course which has been designed to provide fair and equitable competition. Off-street parking is available at the venue.

This is a great competition in the lead-up to District and Regional Competitions prior to the Queensland School Sport State Cross Country Championships from which the Queensland School Sport Team to compete in the School Sport Australia Cross Country Championships in Canberra, will be selected.

**ENTRIES CLOSE
WEDNESDAY 11 MAY 2016**

**Jointly conducted by
Queensland Running and
Aspirations 4Kids in Sport**



**ASPIRATIONS
4KIDS
IN SPORT**

CHAMPIONSHIP TIMETABLE

EVENT	START TIME	DISTANCE	AGE GROUP	YEAR BORN
1 & 2	10.00am	500 metres	5 years Girls & Boys	2011
3	10.10am	800 metres	6 years Girls	2010
4	10.20am	800 metres	6 years Boys	2010
5	10.30am	800 metres	7 years Girls	2009
6	10.40am	800 metres	7 years Boys	2009
7	10.50am	1000 metres	8 years Girls	2008
8	11.00am	1000 metres	8 years Boys	2008
9	11.10am	1500 metres	9 years Girls	2007
10	11.20am	1500 metres	9 years Boys	2007
11	11.30am	2000 metres	10 years Girls	2006
12	11.40am	2000 metres	10 years Boys	2006
13	11.50am	3000 metres	11 years Girls	2005
14	12.00 noon	3000 metres	11 years Boys	2005
15	12.10pm	3000 metres	12 years Girls	2004
16	12.20pm	3000 metres	12 years Boys	2004
17	12.30pm	3000 metres	AWD 13 - 15 years	2001 - 2003
18	12.30pm	3000 metres	AWD 16 - 19 years	1997 - 2000
18A	12.30pm	2000 metres	AWD 10 - 12 years	2004 - 2006
19	12.50pm	3000 metres	13 years Girls	2003
20	1.05pm	3000 metres	13 years Boys	2003
21	1.20pm	6000 metres	16 years Boys	2000
22	1.40pm	6000 metres	17 years Boys	1999
23	2.00pm	8000 metres	18 - 19 years Boys	1997 - 1998
24	2.00pm	6000 metres	18 - 19 years Girls	1997 - 1998
25	2.20pm	4000 metres	14 years Girls	2002
26	2.35pm	4000 metres	14 years Boys	2002
27	2.50pm	4000 metres	15 years Girls	2001
28	3.05pm	4000 metres	15 Years Boys	2001
29	3.20pm	4000 metres	16 Years Girls	2000
30	3.30pm	4000 metres	17 Years Girls	1999

NB: Event Timetable subject to change based on number of entries. Please check website prior to Championship to confirm start times.

1. ENTRY AGE

For the purpose of these Championships, Event entry age is taken as at 31 December 2016.

Competitors shall not, under any circumstances, be eligible to 'run up' in age groups. All Competitors must compete in their own age groups and Teams must be made up of runners in the same age group.

2. ENTRY FORMS

An Entry Form accompanies this Notice of Race. The Entry Form also appears on the website at www.queenslandrunning.com.au. Please indicate clearly on the Form by marking the appropriate box, the event to which the entry or entries apply.

Entries received by fax, email or online will be regarded as exempt from the late entry fee provided the appropriate entry fees are received no later than Thursday 12 May 2016.

3. ENTRY FEES

Entry Fees for these Championships shall be \$5.00 per student for 5-9 years and \$10.00 per student of 10 - 19 years. Cheques or Money Orders shall be made payable to "Queensland Running". Payment may also be made by Direct Credit to Queensland Running - BSB 814-282 Account Number 3021 7960. Receipts and/or tax invoices for entry fees shall be available on request.

4. LATE ENTRY FEES

Entries received after Wednesday 11 May 2016 may incur a \$10.00 late entry fee. Late entries will be accepted until 60 minutes before the starting time of the event if accompanied by the appropriate late entry fee.

5. CLOSING DATE

Entries for the 2016 Queensland Running All Schools Cross Country Championship will close on Wednesday 11 May 2016. A late entry fee as in (4) above may apply to all entries received after that date.

6. COURSES

The responsibility rests with the runners to familiarise themselves with the respective course for their age group. Maps of the course will be displayed in prominent positions at the competition area. EACH COURSE WILL BE MARKED WITH COLOURED FLAGS.

- At all times keep white flags on the right.
- At all times keep red flags on the left.
- Yellow flags and arrows indicate turns and must be rounded correctly.
- At all times follow the directions of course marshals.

7. PROTESTS AND MEDAL PRESENTATION

Medal presentation to individual placegetters and teams will take place at the Victory Ceremony area approximately 30 minutes after the completion of each race. All placegetters are requested to remain adjacent to this area for presentation. A call will be made on the Public Address System to alert runners of presentations.

Protests will only be accepted up to 20 minutes after the official race start time. Protests must be made in the first instance orally to the Referee. Any subsequent appeal against a decision by the Referee must be in writing and must be made within the time-limit mentioned above. Supplies of protest forms are available at the Start/Finish area.

8. MEDALS

Medals will be awarded to the first three (3) individual placegetters in each Championship Event. There will also be a Team's Championship in each event/age group with medallions being awarded to the first three (3) Schools Teams to finish. Teams consist of three (3) runners. Teams Medals will differ from Individual Place Medals.

9. PRIZE MONEY

Prize money of \$100 will be awarded to the most successful school competing at the 2016 Championship. The most successful school shall be the school that collects the greatest number of Team and Individual Medals. Team Medals shall count as One (1) Medal. In the event of a tie, the tie shall be decided by a count back based on the highest number of Gold Medals, both Team and Individual won. A prize of \$100 will be awarded to the school lodging the greatest number of entries by the closing date.

10. TEAM SCORING

The method of scoring shall be by scoring the least number of points according to the positions in which the first three (3) runners from each school finish. Three (3) runners constitute a team and it is not necessary to pre-nominate the three runners who make up a school team.

Runners must be from the same school. If there are more than three (3) runners in any event from any school, then the fourth runner from that school to finish shall be the first runner from that school's No. 2 team, and so on.

The team having the lowest aggregate shall be declared the winners. If two or more competitors tie for any place, the points for the places concerned shall be aggregated and divided equally among the competitors so tying. In case of a tie on points, the team whose last scoring member finished nearest to first place shall be the winning team. In calculating team points, all runners in the race in question shall be awarded points in accordance with their finishing position regardless of whether their school has finished sufficient runners to constitute a team.

11. COMPETITION BIBS

All runners shall be required to wear a competition bib on which may be recorded the athlete's time for their respective event.

12. INDEMNITY & INDIVIDUAL RESPONSIBILITY

It shall be the sole responsibility of the individual or their legal guardian, coach or teacher, to decide whether they start or continue in an event. Queensland Running, its parent body the State Athletic Clubs Association Inc., their officials, volunteers and/or sponsors accept no responsibility whatsoever for any injury, accident or loss sustained by any competitor whilst competing in or attending the Championship. Lodgement of an entry with the appropriate entry fee acknowledges acceptance of these conditions.

13. INSURANCE

Queensland Running holds comprehensive Public Risk and Public Liability Insurance as well as Professional Indemnity and Participation Insurance.

14. EVENT CANCELLATION OR POSTPONEMENT

The Organisers of the Championship reserve the right to postpone or cancel the event in the case of inclement weather or other factors affecting the good conduct of the Championship. In the event of cancellation or postponement, all entrants will be entitled to a full refund of entry fees. Any cancellation or postponement will be advised on the organiser's website: www.queenslandrunning.com.au

Should entrants need to contact the Championship organisers on the day, please phone 0418 113 377 or 0403 292 646.



SUPPORTING
QUEENSLAND SCHOOL SPORT
PROFITS FROM THIS EVENT
WILL BE DONATED TO
ASPIRATIONS 4KIDS IN SPORT

