



**SCHOOL SPORT WA**  
**CHAMPION SCHOOLS**  
**SECONDARY CROSS COUNTRY**

Thursday 18 May 2023  
UWA Sports Park, Mt Claremont



## TABLE OF CONTENTS

1. Acknowledgements .....	3
2. Introduction .....	3
3. Carnival Procedures.....	3 – 5
4. Program of Events .....	5
5. Officials .....	6
6. Course Maps.....	7 – 10
7. Finish Procedure .....	9
8. Parking Guidelines and Plan .....	9
9. Start – Finish Area Map.....	9

## 1. ACKNOWLEDGEMENTS

School Sport WA would like to thank the following people and organisations for their assistance in the presentation of this event:

**SSWA Sport Coordinator and the Cross Country Committee  
Participating Schools and Competitors  
Course Officials and Marshalls**

## 2. INTRODUCTION

The All Schools Cross Country Championship will again be conducted at UWA Sports Park (McGillivray Oval). The course will start and finish on the south-western oval down in front of the rugby clubrooms. Some sections will be added to the course to create a more challenging race for all athletes. Course descriptions and maps are included in this booklet.

## 3. CARNIVAL PROCEDURES

### BACKGROUND

This booklet is designed to acquaint schools with administrative and logistical information pertinent to the conduct of a safe and efficient Cross Country Championship. School Administrators are requested to read this information and ensure all participating schools commitments are honoured, and that all student competitors are aware of Championship procedures.

#### 1. START TIME

The Program will begin at **9:10am**. If schools need to travel over a distance, then there needs to be some provision for the early arrival of student officials and participants to allow for events to begin on time.

#### 2. PARKING

**Bus parking** will only be permitted on the third level of the car-park located on the western side of the park (behind the Rugby Clubrooms). Bus drop off and pick up will be through the car-park (level one and two).

Cars may park in the parking area located on the eastern side (behind soccer clubrooms) and along grassed verges around the park. It is important that all vehicles are parked in the appropriate areas so as not to interfere with the race course. **Please walk around the road to approach the event - do not cross any of the sporting fields at any point. This applies to both competitors and spectators.**

#### 3. REGISTRATION

SSWA will use **race bibs with timing chips for all runners**. Competitor Start Lists will be available on the SSWA website ([www.schoolsportwa.com.au](http://www.schoolsportwa.com.au)) from 4.00pm **Tuesday 16<sup>th</sup> May**. Competitor Race Numbers will be advertised on the windows of the Rugby Clubroom on the day of competition.

#### 4. EVENT TIMING

All runners will be issued with a race bib containing a timing chip for the event. These race bibs will need to be collected at the start of the day from the Registration Desk at the Rugby Clubrooms. Race numbers will be allocated and published on the SSWA website prior to the event.

**Note: REGISTRATIONS CLOSE ON MONDAY 8<sup>TH</sup> MAY AT 4.00PM.**

Schools can make minor changes to runner names on the day but they will need to be completed prior to the start of the first race of the day [9.10am].

#### 5. DISTRIBUTION AND COLLECTION OF TIMING CHIPS

Schools will need to collect all of their bibs at the start of the day and ensure that they are issued to the correct runners. These do not need to be returned

**Note: Race Bibs will need to be pinned on the front of the runner's shirt. These will need to be visible at the conclusion of the race as a video camera is being used as a backup of the finish. Please supply your own 4 safety pins for each race bib.**

#### 6. PAYMENT

Schools and individual entrants are encouraged to pay prior to the event via the [PAY HERE](#) button on the SSWA website. Schools that do not pay in advance will be issued with a tax invoice based on the number of students from their schools. Individual entrants who pay on the day at the registration table will be charged \$10. Race Bibs with Timing Chips will be issued at this time.

#### 7. SUPERVISION



Facility use and supervision are synonymous. To ensure high standards are maintained we request schools accept responsibility for supervising the behaviour of their own students on the day. It is a requirement that staff monitor toilets and surrounding areas.

#### 8. **SCHOOL OFFICIALS**

Normally if entering more than 10 students or 3 teams a condition of entry is that your school provides **1 staff official** to assist with marshalling on the course.

*Please note that this requirement for schools to provide officials will not be enforced for 2023 as we are very fortunate to have SEDA students assisting with the conduct of the event.*

#### 9. **FIRST AID**

St Johns Ambulance personnel will be in attendance at the event to attend to more serious injuries. All schools are requested to provide their own basic First Aid Kit and ice pack for injuries of a less serious nature.

We will also have a qualified Sports Trainer to deal with initial responses out on the course.

**Note:** *Schools are requested to actively assist at the finish area and look after their students. St Johns Ambulance personnel can then be freed up to deal with serious injuries on the day.*

#### 10. **RACE RULES**

Races will start at the scheduled race time. A central coordinating point will be the school Sport flags and tent on the edge of the fields. Administration/Registration will occur in an area located near the Rugby clubroom. All races will be run in an anti-clockwise direction around the course. Courses will be pegged with running tape on both sides. Races will start on the grassed area on UWA Park, in front of the Rugby clubroom. Competitors will run on the grassed reserve in and around the complex. Marshals will be stationed around the course, dressed with SSWA orange vests, and will be directing runners throughout the event.

#### 11. **GENERAL**

All competitors are required to wear school uniform. Competitors are also required to wear shoes (athletes in events 12 years and under are **not permitted to wear spikes**). There are some uneven surfaces with sticks, mulch and sand so runners must choose appropriate footwear. Runners should be prepared for all kinds of weather. Competitors are also advised to bring drinks and food. Refreshments will be available on the day.

Occupational Safety and Risk Management Guidelines require that for an event of this nature each student must have their own water supply. School Sport WA highly recommends that all students bring their own water bottle and have it at a place near the finish line.

It is the responsibility of the schools/individuals to train and prepare students for this event. SSWA does not take responsibility for students who suffer as a result of lack of preparation or students overexerting themselves and not being adequately prepared for the arduous distances they endure. SSWA reserves the right to retire runners during the race if they are not on target to finish during the allocated race time.

**SCHOOLS SHOULD ALSO NOTE THAT THERE IS LIMITED WEATHER PROTECTION AT THE VENUE SO SCHOOLS ARE ENCOURAGED TO BRING ADEQUATE SHELTER (TENTS) FOR THEIR TEAM.**

#### 12. **FINISHING PROCEDURE**

When competitors finish, they may return to their school area, however the **first 10 competitors** will be taken to a tent and issued a letter of invitation to trial for the state team. Students are encouraged to nominate their interest for the interstate team prior to the event so that State Officials will already have their contact details which will speed up the process in the tent. Other competitors will file through and out of the finishing area.

**PLEASE NOTE:** The selection process for 2023 has changed from previous years. The first 10 competitors will be given more information in the tent, and this will be outlined in the letter that they receive.

#### 13. **AWARDS**

Awards for teams are Overall Champion School, Champion School (Boys) and Champion School (Girls). There will also be an award for the champion boys' and girls' teams for each age group. The top three placegetters in each race will receive a medal. **Presentations will be done after each race, so placegetters should remain in the vicinity of the finish area until the completion of their presentation.**

**Race times will be listed on the SSWA website.**

#### 14. TEAMS

The first 3 students to complete the race in each category will constitute the team for that school. To qualify for the title of Overall Champion School, teams must be entered in all age categories, male and female. Individual athletes may be entered if a team cannot be formed.

#### 15. SCORING

Timing Chips and if needed, Judges, will determine the finishing order of all competitors. Numbers allocated to each qualifying winner will be added together and aggregated. The team with the lowest aggregate will be declared the winner. In the event of a tie, the result will be resolved in favour of the team whose last scoring member finishes nearest to first place.

#### 16. RESULTS

A full list of results will be posted on the School Sport WA website on [www.schoolsportwa.com.au](http://www.schoolsportwa.com.au).

#### 17. STATE TEAM SELECTION

Teachers please inform your students in your school teams that if they wish to be considered for state team selection they should nominate for this team on the Cross Country Interstate Team Nomination page at <http://www.schoolsportwa.com.au/interstate/cross-country/>

**Individuals** – all students who nominate as an individual (i.e not in a school team) will be considered for state selection. Schools should advise students in their teams that if they desire to be considered for state team selection they should nominate on the Interstate Cross Country page

#### 18. FURTHER INFORMATION

If you have further questions, please contact Alex McLennan at School Sport WA (6318 5712) or Email [Alex.McLennan@education.wa.edu.au](mailto:Alex.McLennan@education.wa.edu.au).

## 4. PROGRAM OF EVENTS

Events will start at the scheduled time. Competitors should assemble 10 minutes prior to their event.

RACE	TIME	AGE GROUP	DISTANCE
1	9:10	Boys and Girls 11 years <i>This is a State Team selection race only and placegetters will not be awarded medals</i>	3000m
2	9:30	Boys and Girls 10 years <i>This is a State Team selection race only and placegetters will not be awarded medals</i>	2000m
3	9:45	Girls 16 Yrs & 17 Yrs & O	4000m
4	10:10	Boys 16 Yrs & 17 Yrs & O	6000m
5	10:40	Girls 12 Years	3000m
6	11:00	Boys 12 Years	3000m
7	11:20	Girls 13 Years	3000m
8	11:40	Boys 13 Years	3000m
9	12:00	Girls 14 Years	4000m
10	12:25	Boys 15 Years	4000m
11	12:45	Girls 15 Years	4000m
12	1:05	Boys 14 Years	4000m
<b><i>Presentations for Race 12 (approx 1:35pm)</i></b> <b><i>School Team Presentations (approx 1:40pm)</i></b>			

#### NOTE:

- ❖ Presentations for events will be conducted after events so placegetters should remain in the vicinity of the finish area until the completion of their presentation.
- ❖ There are uneven sections on the course, so appropriate footwear is required.

## Ages

\*\*Competitors age is as of 31st December – not year levels (see below)\*\*

Born in	Compete in 2023
2013	10 years
2012	11 years
2011	12 years
2010	13 years
2009	14 years
2008	15 years
2007	16 years
2006	17 years

## 5. OFFICIALS

<b>Championship Directors</b>	Alex McLennan, Kurt Pomeroy
<b>Course set up</b>	Kelvin Browner, Alex McLennan, Kurt Pomeroy, Peter Merritt, Lynda Merritt, Brian Holmes
<b>Starter Starters Marshal</b>	John Petterson Brian Holmes
<b>Finish Line</b>	Robyn Brierley, Kurt Pomeroy, Murray Farr, Jill Rickers
<b>Gate 1 Gates 2 &amp; 3</b>	Peter Merritt Graeme Hadley
<b>Blue Chip Timing</b>	Stuart Fuller
<b>Registration Desk</b>	Emma Russell Jess Rolfe Rolanda Geneff (until approx. 10am then Marshalling Coordination) Lorraine Feddema (until 9.15am then Triage) Jill Rickers (until 9.10am then Finish Line)
<b>State Team Officials</b>	Sasha Pomeroy Leigh Willison Chris Seeber
<b>Announcer Announcer Assistant</b>	Kelvin Browner Emma Russell (Presentations only)
<b>Bikes</b>	Peter Della-Vedova - <b>front</b> Mark Howard - <b>back</b>
<b>Course Marshals</b>	SEDA Students
<b>Marshalling Coordination</b>	Lynda Merritt / Rolanda Geneff
<b>Triage</b>	Garry Burnett (on course) with SSWA vehicle, Lorraine Feddema
<b>Photographer (Presentations)</b>	Jess Rolfe / Alex McLennan

## 6. COURSE MAPS

[Please note that maps are intended as a rough guide only and may be changed prior to or on the day.]

### 2000m and 4000m Course



#### **The 2000m – is a one lap event**

Competitors will start the race at the bottom of the bank in front of the rugby clubrooms on the south-western corner of the UWA Sports Park. They will run 150m and make a **right** turn continuing along the side of the oval and slightly uphill in the corner before turning left and running in a southerly direction across a slight bank (uneven grass) Runners will then turn left and run downhill then head due east on a flat surface at the end of the rugby field then turn in the middle of the lower fields and run north towards and up the embankment, turning right at the top of the embankment. Runners will continue towards and behind the baseball enclosure then turn left and run in a northerly direction until they reach the north-eastern corner of the fields then turn left and head due west, turning **left** in front of the athletics track following the track due south then turning down the embankment before heading through the finish arch.

**Please note: 10 Year olds and Multi-Class Course for 10-12 Year olds is one Lap 2000m course.**

#### **The 4000m is a two-lap event.**

Instead of finishing after one lap, runners will continue through the start line to complete the second lap. At the end of the second lap runners will run down the embankment for a final sprint to the finish arch.

**14 & 15 Yr Boys' and 14, 15 & 16 /17 Yr old Girls' course is 4000m**



## **3000 and 6000 m Course**

[Please note that maps are intended as a rough guide only and may be changed on the day.]



### **The 3000m – is a one lap event**

Competitors will start the race at the bottom of the bank in front of the rugby clubrooms on the south-western corner of the UWA Sports Park. They will run 150m and make a **right** turn continuing along the side of the oval and slightly uphill in the corner before turning left and running in a southerly direction across a slight bank (uneven grass) Runners will then turn left and run downhill then head due east on a flat surface at the end of the rugby field then turn in the middle of the lower fields and run north towards and up the embankment, turning right at the top of the embankment.

At the baseball enclosure runners will turn 180degrees in a large loop and run west parallel to the path they have just taken on the top of the bank. Competitors will run to the Athletics track where they will turn right and run north along the near side of the track before turning right again and continuing to the eastern end of the playing fields. They then turn right and run south to the baseball enclosure before turning 180degrees in a large loop to continue running in a northerly direction along the edge of the fields reaching the north east corner and turning left to run parallel to McGillivray Rd.

Runners will turn left at the athletics track and head due south. They will then follow the track at the bottom of the bank, turning down the embankment to the finish arch at the bottom of the bank in front of the rugby clubrooms.

**11, 12 & 13-year-old Course is 3000m and 13 - 19-Year-old Multi-Class Athlete Course is 3000m.**

### **The 6000m is a two-lap event.**

Instead of finishing after one lap runners will continue through the start line to complete the second lap. At the end of the second lap runners will run down the embankment for a final sprint to the finish arch at the bottom of the bank in front of the rugby clubrooms.

**16 and 17 year old Boys' and 18 & Over Girls Course is 6000m**



## Finishing Procedure

Competitors will run through the arch at the finish line and their timing chip in their bib will be automatically read and recorded. The first 10 competitors will be taken to a tent and issued with a letter of invitation to trial for the State Team and then leave the finish area. All other runners will continue on and leave the finishing area, taking care not to interfere with the finish of other competitors.

Parents, teachers and spectators will not be permitted inside the chute, however a First Aid official, and other officials will be there in the event of injury, or for distressed students.

## Start - Finish Area Plan



## 7. PARKING

Schools must all park on the Rugby Clubrooms side of the Sports field and approach the Cross Country event from the west. I.e. students cannot be dropped off on Brockway Rd and walk across the playing fields to the competitor area. Buses must enter from the Challenge Stadium car park not via McGillivray Rd

Schools are requested to follow the parking plan as stipulated by UWA Sports Park. Please ensure that the parking plan is provided to all bus drivers/companies and that parents are also advised. All school buses should be clearly marked with the name of the school to assist staff and students.

### **Parking:**

#### **Large and small buses**

The **third level** of the parking area on the west side of the Rugby Clubroom has been designated as the parking area for all buses.

#### **Cars**

Cars may park along the road verges surrounding the park but must ensure they are parked well off the roadway. Please walk around the road and enter the event from the Rugby Clubrooms car park. Please do not approach the event across the playing fields from Brockway Rd.

**The area behind the Rugby Clubroom is not a car parking area.**

**Bus Drop Off / Pick Up:****• Drop Off:**

Buses that drop students may use level one and two of the western carpark (behind the Rugby Clubroom) as a turn around area.

**• Pick up:**

Buses picking up students are to use level one and two of the western carpark (behind the Rugby Clubroom) as the turn around area.

UWA Sports Park map indicating bus and car parking areas below:

## Parking Map

