

**SSWA INTERSCHOOL
CROSS COUNTRY
CHAMPIONSHIP
2023**

Tuesday August 1, 2023

*Bunbury Cathedral Grammar School,
Gelorup*

SCHOOL INFORMATION BOOKLET

SWSSA INTERSCHOOL CROSS COUNTRY 2023

CARNIVAL CO-ORDINATOR

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COURSE

The 2023 SWSSA Cross Country Championship will take place at Bunbury Cathedral Grammar School in Gelorup, WA. The track will be clearly marked on the school property.

The course has been created to ensure maximum spectatorship, and is both challenging and fun encapsulating the essence of Cross Country running. The track will be clearly marked and there will be Marshalls situated throughout the course. A clearly marked course map will be provided on the day.

CARNIVAL PROCEDURES

This booklet is designed to acquaint schools with administrative and logistical information pertinent to conduct of a safe and efficient event. Schools are requested to read this information carefully and ensure that all staff and students are aware of event procedures.

WE HAVE BOOKED IN SEDA STUDENTS TO HELP RUN THE CARNIVAL SO EACH SCHOOL NEEDS TO SUPPLY ONE ADULT OFFICIAL AND ONE STUDENT OFFICIAL THAT WILL ASSIST IN THE RUNNING OF THE CARNIVAL FOR THE ENTIRE EVENT. PLEASE SUBMIT THE NAME OF THIS OFFICIAL TO JASON REID (EMAIL OR PHONE) BY TUESDAY 25th JULY, SO THAT DUTIES CAN BE ALLOCATED PRIOR TO THE EVENT.

1. START TIME

The program will begin at 10.00am. Schools should ensure that athletes and officials arrive at the event no later than 9.40am

2. PARKING

Cars and buses will be permitted to park in an open well signed area. Buses may be directed back to the main bus parking area at BCGS – information on this will be sent to all schools.

3. AGE CUT OFFS

Events will be conducted in year groups. There **IS** an age cut-off for each year group. The age cut-off for the year group is 30th June. The following will apply:

Year Group	Age cutoffs
Year 7	1 July 2010 – 30 June 2011
Year 8	1 July 2009 – 30 June 2010
Year 9	1 July 2008 – 30 June 2009
Year 10	1 July 2007 – 30 June 2008
Open	Before June 30 2007

STUDENTS ARE ONLY PERMITTED TO RACE IN ONE AGE GROUP AT THE EVENT

4. REGISTRATION
SCHOOLS MUST COMPLETE THE STUDENT COMPETITOR LIST AND EMAIL THROUGH TO JASON REID BY TUESDAY 25 JULY.

(Any changes of student names can be done on the day when registering – the number of the runner will stay the same if it is a straight replacement)

Competitor numbers will be given to schools on the day. Numbers will also be advertised on the pin-up boards or via screens supplied near the start line of the day of the event.

5. PAYMENT

Following the event, schools will be issued with a tax invoice from SSWA based on the number of divisions they have entered. The amount will work out to be \$70 per division depending on the number of team nominated, this works out to between \$14 per student for a team of 5) The final amount will be sent to school once nominations and budget is finalised.

6. SUPERVISION

Supervision of students is the responsibility of each school. On the event map there is an area marked for school bays.

Schools are encouraged to supply and erect their own Gazebos/tents in this area as shelter from the weather at this event is minimal.

7. COMPETITOR INFORMATION

All competitors must wear school uniform. There are some uneven surfaces with sticks, mud, mulch, gravel and sand so runners should choose appropriate footwear. Runners should be prepared for all kinds of weather.

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

8. FIRST AID

First Aid officers and an ambulance 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 for injuries of a less serious nature.

Ice will be available at the First Aid Station.

9. EMERGENCY EVACUATION

In the event of an emergency repeated loud horns will be sounded. In this event all students and staff should assemble in their school bays. School staff will then account for all students, and await further instructions from Event Management.

10. CATERING

There will be food and drinks available for purchase at the event.

RACE INFORMATION

11. PROGRAM OF EVENTS

- Races will start at the scheduled race time
- Competitors should assemble at the start area 10 minute prior to their event for a pre-race debrief.
- The course will be clearly marked and marshals will be stationed around the course, directing runners throughout the event.
- Schools are permitted to enter a team of 5 runners (maximum) in each category.

PLEASE NOTE; STARTING TIMES ARE APPROXIMATE. However we would like to stay as close to this times as possible

TIME	AGE GROUP	DISTANCE
10.00	Year 7 Girls	2.5km
10.15	Year 7 Boys	2.5km
10.30	Year 8 Girls	2.5km
10.45	Year 8 Boys	2.5km
11.00	Year 9 Girls	2.5km
11.15	Year 9 Boys	2.5km
11.30	Year 10 Girls	5km
11.45	Year 10 Boys	5km
12.00	Open Girls	5km
12.15	Open Boys	5km
12.30	1km Time Trials <ul style="list-style-type: none">• Year 7• Year 8• Year 9• Year 10• Open	1km x4
1.45	PRESENTATION FOR ALL DIVISIONS	

Relays will be held at the completion of the carnival and will consist of four runner per age group and gender running 1km each. Students can only compete in one relay.

12. FINISHING PROCEDURE

All placed will be determined electronically. Once a competitor has crossed the finish line they will be recorded. Once finished they then leave the finishing area, taking care not to interfere with the finish of other competitors.

Parents and spectators will not be permitted inside the chute. In the event of injury, or distressed students school officials and medical personnel will be permitted.

Official times will be sent to schools following the event. Official times will not be available to competitors or schools on the day of the event.

If an athlete does not finish the race it is the responsibility of the Staff Member from their school to ensure that the Finishing Marshalls are informed. This is important so that Officials are aware at all times how many athletes are still on the track.

13. AWARDS

- The first 3 students to complete the race in each category will constitute the team for that school
- Judges will determine the finishing order of all competitors. Placing's for the first 3 students from each school in each race will be added together. 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.
- In the event that a school does not have 3 finishers in an event, their extra scores will be calculated using the highest score possible for that event. (For example if a school has 2 finishers in a field of 30 runners, their 3rd score used in the calculation of their team score will be 31) For the purposes of Champion School calculations a school who does not enter a team in an event will receive the maximum score. (For a field of 30, their score would be 63 (3x31))
- The top 2 place getters in each category will receive a medal.
- Shields will be awarded for;
 - Year 7 Champion
 - Year 8 Champion
 - Year 9 Champion
 - Year 10 Champion
 - Senior School Champion
 - Overall Champion School

RESULTS 2022

Year 7 FEMALE		
1 ST	Salome Woodland	Bunbury SHS
2 ND	Bohdi Angel	Hope Christian College
3 RD	Lucy Scott	Bunbury CC
YEAR 7 MALE		
1 ST	Blake Ecclestone	Bunbury CC
2 ND	Riley Edwards	Bunbury SHS
3 RD	Thomas Joyce	Margaret River SHS
Year 8 FEMALE		
1 ST	Lacey Heys	Georgiana Molloy AS
2 ND	Tahlia Warner	Bunbury CC
3 RD	Olivia Doddy	Bunbury SHS
YEAR 8 MALE		
1 ST	Samuel Joyce	Margaret River SHS
2 ND	Taj Allen	Bunbury CC
3 RD	Nayte Wright	Bunbury SHS
Year 9 FEMALE		
1 ST	Isabella Bidesi	Bunbury Grammar
2 ND	Delta Opperman	Dalyellup College
3 RD	Taia Giles	Bunbury Baptist
YEAR 9 MALE		
1 ST	Jackson Novel	Bunbury CC
2 ND	Connor Wright	Bunbury SHS
3 RD	Oliver Tilley	Bunbury CC
Year 10 FEMALE		
1 ST	Santina Pillonel	Bunbury Grammar
2 ND	Isabel Reed	Kearnan College
3 RD	Daisy McGuire	Kearnan College
YEAR 10 MALE		
1 ST	Lucas Andrews	Bunbury SHS
2 ND	Jesse Hollins	Bunbury SHS
3 RD	Isaak Norman	Georgiana Molloy
OPEN FEMALE		
1 ST	Sallyanne Power	Our Lady of Mercy
2 ND	Ella McGuire	Kearnan College
3 RD	Leah York	Our Lady of Mercy
OPEN MALE		
1 ST	Thomas Cross	Our Lady of Mercy
2 ND	Hamish Melvin	Bunbury SHS
3 RD	Valentin Kay	Manjimup SHS

CHAMPION SCHOOL SHIELD RESULTS 2022

1 st	Bunbury SHS	248 points
2 nd	Bunbury Catholic College	287
3 rd	Bunbury Cathedral Grammar School	418
4 th	Georgiana Molloy Anglican School	542
5 th	Our Lady of Mercy	682
6 th	Cape Naturaliste College	688
7 th	Hope Christian College	825
8 th	Collie SHS	900
9 th	Newton Moore SHS	958
10 th	Kearnan College	986
11 th	Manjimup SHS	1001
12 th	Bunbury Baptist College	1049
=13 th	Margaret River SHS	1125
=13 th	Dalyellup College	1125
15 th	Donnybrook DHS	1421
16 th	Manea	1459

Champion Shield History

2014	Bunbury SHS
2015	Bunbury Catholic College
2016	Bunbury SHS
2017	Bunbury Catholic College
2018	Bunbury SHS
2019	Bunbury SHS
2020	COVID-19
2021	Bunbury SHS
2022	Bunbury SHS