



AICES CROSS COUNTRY INFORMATION

Venue	Sydney International Equestrian Centre (SIEC) Saxony Road, Horsley Park NSW 2175
Parking	Follow the direction of the parking attendance
Date	Thursday 30 th May 2024 9.30am - Teams Arrive 9.45am - Walk the Course - new course this year 11.00am - Races Commence
First Aid	2 x Accredited first aid/sports trainer will be in attendance All teams should also bring their own First Aid Kit. Course Officials should bring a small school 1 st Aid kit to have at their station. This should contain an ASTHMA INHALER. Ice will be available
Students	Supervision of students is the Sub Association/Schools responsibility. No students are permitted onto the course unless competing. Students should bring a sun hat and also sunscreen for the day. Hydration is very important. Please ensure all competitors are fully hydrated before and after the event.
Rules	<u>Association Teams</u> All competitors must be in official association athletics singlet All competitors must have their competitor number on the back of their hand. Students who finished in 1 st , 2 nd or 3 rd place at their association carnival will be seeded to start in the front two rows of each event.
Course	We will be using the Indoor Stadium for the finish this year and also back to the extension for the 4km course (not the race track)
Teams Event	This is a school-based event. Schools may enter 4 runners in each event and their combined places/score will be recorded. The winning teams will be selected to represent AICES at the CIS carnival. Maximum 2 teams from each association per age group. These team entries must be included in the Association Meet Manager Entries
Championship	The champion association will be determined by combining point scores from all age groups. 1 st , 2 nd & 3 rd places will receive an AICES Medallion at the conclusion of their race.
Canteen	A canteen will be available with limited items
AICES Team	The first ten places (plus teams) in each event will be selected in the AICES Cross Country Team to compete at the NSW CIS Championships SIEC (note change from Eastern Creek Raceway) on 6/6/24. If you finish in this group please make sure you collect an information sheet and AICES t-shirt from the administration table as you record.

Program

9.30am	Arrival of Association teams
9.45am	Walk the Course – 4000m and 3000m
11.00am	18 Years Boys 8000m (2 Laps of 4km Course)
11.20am	18 Years Girls 6000m (2 Laps of 3km Course)
11.40am	17 Years Boys 6000m (2 Laps of 3km Course)
12.00pm	17 Years Girls 4000m (1 Lap of 4km Course)
12.20pm	16 Years Boys 6000m (2 Laps of 3km Course)
12.40pm	16 Years Girls 4000m (1 Lap of 4km Course)
1.00pm	15 Years Boys 4000m (1 Lap of 4km Course)
1.15pm	15 Years Girls 4000m (1 Lap of 4km Course)
1.30pm	14 Years Boys 4000m (1 Lap of 4km Course)
1.45pm	14 Years Girls 4000m (1 Lap of 4km Course)
2.00pm	13 Years Boys 3000m (1 Lap of 3km Course)
2.15pm	13 Years Girls 3000m (1 Lap of 3km Course)
2.30pm	12 Years Boys 3000m (1 Lap of 3km Course)
2.45pm	12 Years Girls 3000m (1 Lap of 3km Course)
2.45pm	Parra Athlete 3000m (1 Lap of 3km Course)

CROSS COUNTRY CHAMPIONSHIPS

GUIDELINES & RULES

- All Associations will be allocated an area in the Grand Stand Seating – please see Indoor Arena Map for your allocation.

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 14 this year, she must run in the 14 Years Girls 3000m event.)

MARSHALLING PROCEDURES

- All Athletes will be required to Marshall in the designated area near to the starting line:
 - **15 minutes prior to race start** – Announcer will call athletes to make their way to the Arena 2 starting Area;
 - **7 minutes prior to race start** – Athletes will be ready to enter the Arena 2 Gate and will be marshalled upon entry;
 - **3 minutes prior to race start** – Athletes will be walked to the Start Line;

N.B. Spectators are not permitted to enter Arena 2.

THE START

- Competitors will line up on the start line.
 - **Staggered Start**
 - The first 3 place getters from Each Association will take the front start line;
 - The remaining competitors will start behind
- The starting command shall be: 'On your marks' followed by the firing of the gun. A second firing shall indicate a recall.

THE FINISH

- Competitors are deemed to have finished upon crossing the finish line.
- Competitors shall be recorded with timing and issued a place card once they pass the finish line.
- All T11, 12 & 13 Multi Class-athletes - The guide must be behind the Athlete as they cross the finish line.
- All students must attend the recording area with their place card (in numerical order)
- The first 10 place getters will be directed to the Recording Area to:
 - be informed of the next steps and how they will receive information.
 - purchase AICES uniform
- All other competitors will exit via the 'Competitors Exit' and return to their team areas.
- The first 3 finishers in each race will be directed to the Presentation Area and presented with medallions.

RACE RULES

- All competitors must wear shoes.
- All Competitors must run in their Association Singlets.
- Spiked footwear can be worn.
- No pushing, tripping or interference with other competitors is allowed.
- No competitor shall use an Earbuds, IPod, MP3/4 or other listening device during the race.
- No competitor is to receive assistance or refreshments during the race.
- 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.
- AICES reserves 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.

SCHOOL TEAMS EVENT

- A School Team comprises the results of 4 competitors from the same gender in the same age group – the places of the first 4 members are added together and the lowest overall number is the winner of the team event.

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.

AICES TEAM SELECTION

- Competitors finishing in the Top 10 in a Secondary Race at the AICES Championships will be selected in the AICES Cross Country Team.

PRESENTATIONS

- Presentations will be held as soon as possible after each Event (I