



# 2022 NSWCIS CROSS COUNTRY CHAMPIONSHIPS

## PROGRAM OF EVENTS & RULES

Wednesday 8 June 2022 – Sydney Motorsport Park, Eastern Creek

### PROGRAM OF EVENTS – SECONDARY CHAMPIONSHIPS

7.50am	Gates Open
8.40am	Assembly of Secondary Officials – Hinxman Room
9.00am	Walk the Course – Secondary 4000m and 3000m
9.50am	Course Closed

TIME	EVENT NO.	DIVISION	DISTANCE
10.00am	1	18+ Years Girls	6000m
10.15am	2	18+ Years Boys	8000m
10.30am	3	17 Years Girls	4000m
10.40am	4	17 Years Boys	6000m
10.55am	5	16 Years Girls	4000m
11.05am	6	16 Years Boys	6000m
11.20am	7	15 Years Girls	4000m
11.30am	8	15 Years Boys	4000m
11.40am	9	14 Years Girls	4000m
11.50am	10	14 Years Boys	4000m
12.05pm	11	13 Years Girls	3000m
12.15pm	12	13 Years Boys	3000m
12.25pm	13	12 Years Girls	3000m
12.35pm	14	12 Years Boys	3000m
12.45pm	15	Secondary Para-Athletes	3000m

#### MARSHALLING PROCEDURES:

- All Marshalling will take place underneath the Grandstand;
- **15 minutes before the race** there will be a Marshall Announcement;
- **7 minutes before the race** athletes will be called to the gate;
- **3 minutes before the race** athletes will walk to the start line position

#### PRESENTATIONS & RESULTS:

- All Presentations will be held as soon as possible after Event (1st, 2nd, 3<sup>rd</sup> Individual & 1st Team);
- A link to Multisport will be provided for all Results.

# 2022 NSW CIS CROSS COUNTRY CHAMPIONSHIP RULES

## 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 10 this year, she must run in the 10 Years Girls 2000m event.)

## THE START

- The announcer will call competitors to the marshalling area.
- A marshal will escort competitors to the starting area.
- Competitors will line up on the start line. Association competitors shall line up together.
- The starting command shall be: 'On your marks' followed by the firing of the gun. A second firing shall indicate a recall.
- Para-athletes with hearing disability will be required to adhere to the following: Prior to starting the race a coloured band must be fitted to the right wrist and any hearing devices are to be removed and placed into a container provided by the athlete' (A suitable container will be provided for collection of the containers and these will be available for collection at the end of the race. A white flag will be dropped in plain site of the athletes to indicate the start of the race; this should be done as the starting gun is fired. A red flag will be waved to indicate a false start.
- Visually Impaired – T11, T12 or T13...T11 athletes must have a guide, T12 and T13 athletes may elect to have a guide.

## THE FINISH

- Competitors are deemed to have finished upon crossing the finish line.
- Competitors shall be recorded by chip timing once they pass the finish line. The first 12 Secondary and first 8 Primary finishers in each race will also be given place ticket.
- All T 11, 12 & 13 Multi Class-athletes - The guide must be behind the Athlete as they cross the finish line.
- The first 6 place getters in the primary events and the first 10 place getters in the secondary events will be directed to the Hinxman Room to:
  - Register to the CIS Cross Country Team;
  - Pay CIS Team Member Levy;
  - Purchase CIS Uniform(Parents will be invited to assist in fitting for apparel if they are present)
- All other competitors will return to their team areas via the main straight underpass.
- The first 3 finishers in each race will be presented with medallions on the podium in front of the main grandstand prior to going to the Hinxman Room.

## **RACE RULES**

- All competitors must wear shoes.
- All Competitors must run in their association singlets.
- Spiked footwear is unsuitable for this course and **MUST NOT** be worn.
- No pushing, tripping or interference with other competitors is allowed.
- No competitor shall use an IPod, MP3/4 or other listening device during the race.
- No competitor is to receive assistance or refreshments during the race.
- All competitors must display their chest plate number.
- 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.
- NSW CIS Carnival Conveners reserve the right to alter the program if need be.
- Protests must be made in writing to the Carnival Managers/Conveners within 15 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/Conveners.
- Those selected to represent the NSW Combined Independent Schools will go through to the NSW PSSA and All Schools State Cross Country at Sydney Motorsport Park on Friday 22 July 2022.

## **SCHOOL TEAMS EVENT:**

- A School Team comprises the results of 4 competitors from the same gender in the same age group – the times of the first 4 members are added together and the lowest overall time is the winner of the team event. Only the team with the lowest combined time each event will be presented with team medals. There is no further pathway for the team.

## **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, Neil Cohen.

## **PARA-ATHLETES:**

- Placings for Para-athletes events will be determined using the para-athlete formula i.e. comparing the athlete's time to the 1500m (Primary) or 5000m (Secondary) time for their classification and determining the percentage. All percentages for all Multi Class-athletes classes will be calculated and the highest percentage wins, second highest second etc.

## **NSWCIS CROSS COUNTRY TEAM:**

- A NSWCIS Primary and Secondary Cross Country Team will be selected based on performances at the carnival. This team will go on to represent CIS at the NSW All Schools/PSSA Championships to be held on Friday 22 July at Sydney Motorsport Park.

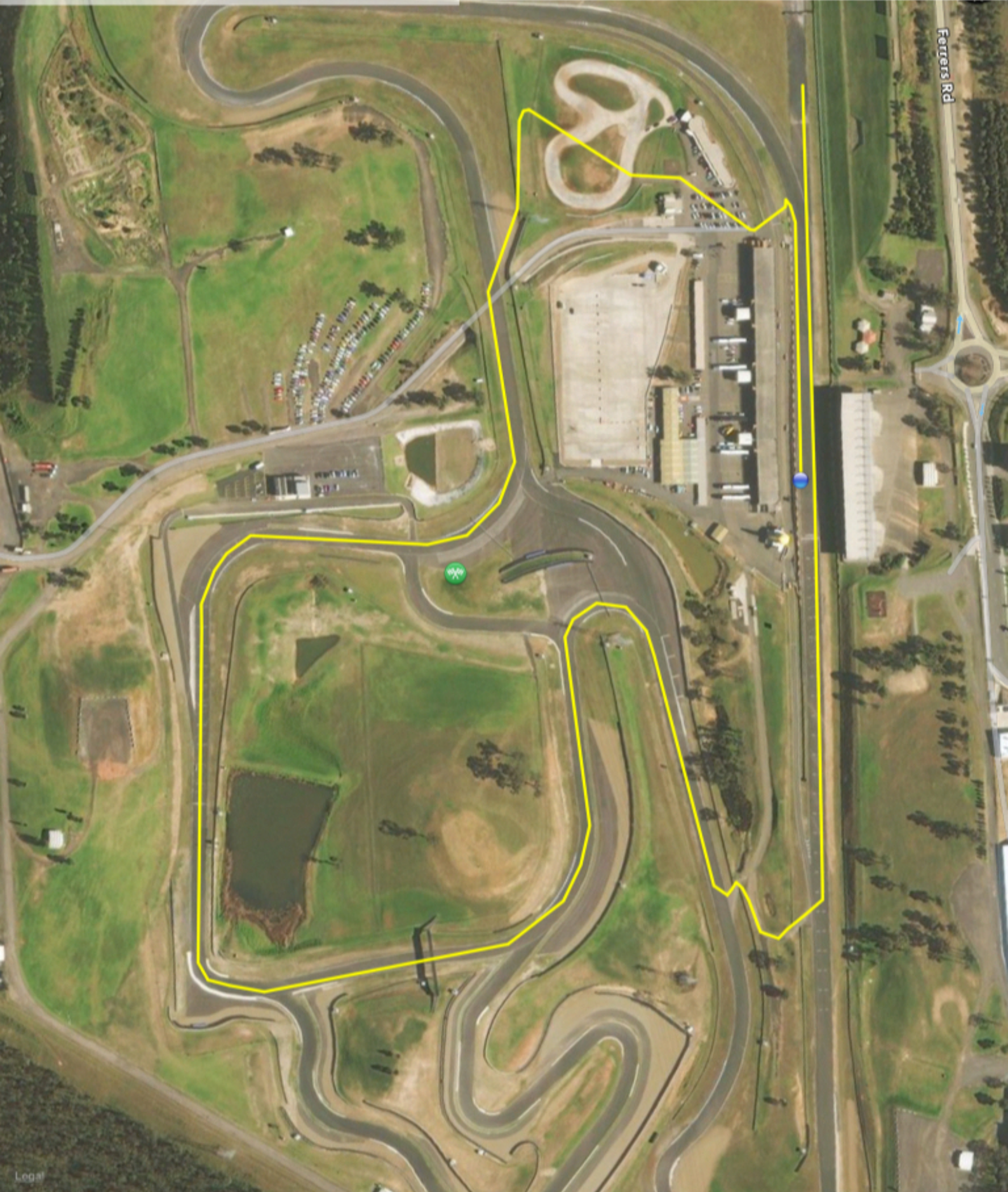
**NSWCIS TEAM SELECTION:**

- Competitors finishing in the top 10 Secondary places in each event at the CIS Championships will be selected in the CIS Cross Country Team. These students will be asked to visit the Hinxman Room to register, pay their team member levy and purchase CIS Uniform.



Distance of last segment: 0.32 kilometers  
Total Distance: 3.03 kilometers

# Cross Country Wet Weather 3km Course (6km=2\*3km)





Distance of last segment: 0.33 kilometers  
Total Distance: 4.24 kilometers

## Cross Country Wet Weather 4km Course (8km = 2\*4km)

