

INFORMATION FOR STUDENTS

Tuesday, 26 March 2019 – QUEEN'S PARK

OVERVIEW

- Course map [here](#).
- Detailed course map [here](#)
- [Beginner to Elite Athlete Time Guide](#)

SCHOOL BASED TIMINGS

Period 1	08.30am - 09.10am	40 minutes
Period 2	09.15am - 09.55am	40 minutes
Period 3	10.00am - 10.35am	35 minutes
Break	10.35am - 10.55am	
Period 4	10.55am - 11.30am	35 minutes
Period 5	11.35am - 12.10pm	35 minutes
Lunch	12.10pm - 12.40pm	
Meet in House areas (Old Boys Memorial Oval)	12:40pm	
Walk to Queen's Park	12:55pm	
Start	1:20pm	
Finish:	3:00pm	

House Meeting

Boys will meet in House groups at School prior to departure.

- Wristbands - House staff will allocate barcode wristbands prior to leaving the School.
 - The boys will have their wristbands scanned after they cross the finish line and will be directed through the finishing chute by marshalls.

Note - no wristbands for Year 6.

House Areas - Queen's Park

Queen's Park as follows (please check [map](#) for House locations:-

- x H1 Stephens
- x H2 Taylor
- x H3 Boyce
- x H4 Mackintosh
- x H5 Groom

Warm Ups – can occur 15 minutes prior to an event and should be done immediately behind House tent area, close enough to hear race marshalling calls and announcements.

Sun safety – boys should wear sunscreen and be properly hydrated. Sports hats should be worn.

EVENT TIMINGS

EVENT	MARSHALLING TIME	RACE TIME	DISTANCE	YEAR BORN	YEAR LEVEL
U12 & U13	1:20pm	1:25pm	3KM	2007 & 2006	Year 7 & 8
U16	1:25pm	1:30pm	5KM	2003	Year 10 and 11
U14	1:45pm	1:5i0pm	3KM	2005	Year 8 and 9
U15	1:55pm	2:00pm	3KM	2004	Year 9 and 10
OPEN	2:05pm	2.10pm	5KM	2001 & 2002	Year 11 and 12

House Scoring System:

House Cross Country will be run in one division per age group.

- As each runner crosses the finish line he will be marshaled down a finishing chute where he will have his wrist band scanned at the recording table.
 - 1st place in each Age Division receives 100 points then decreases by 1 point each place thereafter.
 - Scores are tallied and divided by the number of runners in the House age group to ensure equity between House total competitors.
 - The House with the highest number of points wins that age group.
 - Boys who cannot run or who are absent do not count.
 - The winning House in each age group gets 5 points, then 4, 3, 2, 1. At the end of the day, the highest House total wins. To avoid ties, countbacks will be used as required.

Penalties for Infringements by Athletes

- Runners observed cutting corners, tripping or blocking others or operating outside the spirit of the competition may receive a penalty.
- A runner's House will be penalised by being taken down one House placing should this be proven.
- Staff, please encourage boys to run / jog/ do their best at all times.

Course markers:

- Boys should keep WHITE markers on their left; RED markers on their right (3km course); BLUE markers on their right (2km course only).

First Aid

- If you require any first aid assistance, go to the closest marshal along the course,

Two Lap Information

- U16 and Open athletes will run 2 laps (a 3km lap and then a 2km lap). On the second lap runners will receive an elastic band to be worn the opposite wrist of their barcode wristband. This will be checked by marshals prior to runners heading down the finishing straight.

Post Finish

- Presentation
 - Age Group Champions and the House Shield will be presented following the last race.

Return to School

- Boys will return to school in House groups.
- Sport training after school will continue as scheduled.

Mr.W Dunne
Director of Sport and Activities