



HORSLEY ZONE CROSS COUNTRY RULES

List of events:

Girls 8/9 years – 2000 metres

Girls 10 years – 2000 metres

Girls 11 years – 3000 metres

Girls 12/13 years – 3000 metres

Boys 8/9 years – 2000 metres

Boys 10 years – 2000 metres

Boys 11 years – 3000 metres

Boys 12/13 years – 3000 metres

Competitors entry:

Each school is entitled to enter a maximum of 6 competitors in each category above.

Cross Country Rules:

1. Footwear **MUST** be worn but **NO** spikes permitted due to safety reasons related to a pack start.
2. **No competitor is to run without footwear.**
3. No pushing, tripping or interference with other competitors is permitted, this could be liable of disqualification from the event.
4. No competitor is allowed to receive assistance or refreshments from ANY person during the race.
5. **A competitor may carry his/her own drink or asthma puffer.**
6. Competitors must run around the **OUTSIDE** of markers where a change of direction is indicated.
7. **Protests:** These must be handed in writing to the Carnival Convener by the Team Manager within 15 minutes of the disputed event. Protests will be dealt with by the Carnival Convener and the HZPSSA Executive. After a protest is lodged at a Carnival the Carnival Convener shall contact a member of the Executive. The Executive member is then responsible to liaise with the Carnival Convener, to make a decision and then communicate that decision to the complainant.
8. **Coaching:** Parents, coaches and unauthorised persons are not allowed on to the course. Once competitors are in the hands of the officials controlling the event, they shall not receive any coaching or advice, whether in person or via a digital device.
Penalty: disqualification of the competitor at the discretion of the Carnival Convener.

The start:

The announcer shall call competitors to the marshals who shall line competitors across a single line.

Starting command shall be:

'On Your Marks' followed by a firing of the starter's gun.

Point Score: The runners are handed a raffle ticket as they cross the finish line...

1st - 100

2nd - 99

3rd - 98

4th - 97 and so on so that every competitor receives points.

Any school which does not enter the full quota of six (6) children per race will receive zero (0) points for each child not entered.

Champion School:

The winning school at the Cross Country Carnival will be decided upon by the highest aggregate point score.

Multi Class Competitors:

All Multi-class competitors need to go through their Zone event and be entered as part of the zone team.

SSW Cross Country Championships:

A total of eight (8) students qualify to the Region Championships in each of the age groups.

*****Please note that 13 year old competitors will compete in a combined age group with 12 year olds – only eight (8) competitors in total.*****

HORSLEY ZONE PSSA CROSS COUNTRY CARNIVAL

School: _____

Boys	Girls
8/9 Years	8/9 Years
1	1
2	2
3	3
4	4
5	5
6	6
10 Years	10 Years
1	1
2	2
3	3
4	4
5	5
6	6
11 Years	11 Years
1	1
2	2
3	3
4	4
5	5
6	6
12/13 Years	12/13 Years
1	1
2	2
3	3
4	4
5	5
6	6