



20 YEARS AND STILL GOING STRONG

QUEENSLAND RUNNING



20th ANNIVERSARY ALL SCHOOLS CROSS COUNTRY CHAMPIONSHIP

SATURDAY 19 MAY 2018

St Paul's School, Attunga Street, BALD HILLS

**Schools based individual & teams competition
featuring
individual and teams medals plus prize money
for successful participating schools**

Queensland Running is proud to present its 20th Anniversary All Schools Cross Country Championship. The championship will again be held at the picturesque St Paul's School, Bald Hills which provides a true cross country course of undulating terrain. There are no water crossings or sharp turns on the course which has been designed to provide fair and equitable competition. Off-street parking is available at the venue.

This is also a great competition in the lead-up to District and Regional Competitions prior to the Queensland School Sport State Cross Country Championships from which the Queensland School Sport Team to compete in the School Sport Australia National Cross Country Championships will be selected. This year, the National Championships are to be held on the Sunshine Coast in August.

ENTRIES CLOSE WEDNESDAY 16 MAY 2018

NATIONAL CHAMPIONSHIP ASSISTANCE FUND

The 2018 School Sport Australia National Cross Country Championships will be held on the Sunshine Coast. To assist athletes chosen in the Queensland School Sport Team with the cost of competing in the Nationals, Queensland Running has established a National Championship Assistance Fund. Athletes chosen in the Queensland School Sport Team who competed in our 2018 All Schools Championship, will become eligible for financial assistance from the fund.

CHAMPIONSHIP TIMETABLE

EVENT	START TIME	DISTANCE	AGE GROUP	YEAR BORN
1	10.00am	500 metres	5 years Girls	2013
2	10.10am	500 metres	5 years Boys	2013
3	10.20am	800 metres	6 years Girls	2012
4	10.30am	800 metres	6 years Boys	2012
5	10.40am	800 metres	7 years Girls	2011
6	10.50am	800 metres	7 years Boys	2011
7	11.10am	1000 metres	8 years Girls	2010
8	11.20am	1000 metres	8 years Boys	2010
9	11.30am	1500 metres	9 years Girls	2009
10	11.40am	1500 metres	9 years Boys	2009
11	11.50pm	2000 metres	10 years Girls	2008
12	12 noon	2000 metres	10 years Boys	2008
13	12.10pm	3000 metres	11 years Girls	2007
14	12.25pm	3000 metres	11 years Boys	2007
15	12.40pm	3000 metres	12 years Girls	2006
16	12.55pm	3000 metres	12 years Boys	2006
17	1.10pm	3000 metres	13 years Girls	2005
18	1.25pm	3000 metres	13 years Boys	2005
19 - 20	1.40pm	6000 metres	16 & 17 years Boys	2001 - 2002
21 - 22	2.00pm	6000 metres	18 - 19 years Girls	1999 - 2000
23 - 24	2.00pm	8000 metres	18 - 19 years Boys	1999 - 2000
25 - 26	2.25pm	4000 metres	14 & 15 years Girls	2003 - 2004
27 - 28	2.40pm	4000 metres	14 & 15 years Boys	2003 - 2004
29 - 30	2.55pm	4000 metres	16 & 17 years Girls	2001 - 2002

NB: Event Timetable subject to change based on number of entries. Please check website prior to Championship to confirm start times. Where events have a combined start time, medals are awarded for each individual age event.

ATHLETES WITH DISABILITIES (AWD) - An invitation is extended to athletes with disabilities to compete in the following age groups - AWD 10 - 12 years (2000 metres), 13 - 15 years and 16 - 19 years (3000 metres). Medals will be awarded for AWDs in each age group.

31	3.05pm	4000 metres	Queensland Running Distance Championship	Open & Masters
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Medals will be awarded for Open and Masters categories. Entry fee applies - \$10.00 per athlete.

1. ENTRY AGE

For the purpose of the All Schools Championships, Event entry age is taken as at 31 December 2018. Competitors shall not, under any circumstances, be eligible to 'run up' in age groups. All Competitors must compete in their own age groups and Teams must be made up of runners in the same age group.

2. ENTRY FORMS

An Entry Form accompanies this Notice of Race. The Entry Form also appears on the website at www.queenslandrunning.com.au. Please indicate clearly on the Form by marking the appropriate box, the event to which the entry or entries apply.

Entries received by email will be regarded as exempt from the late entry fee provided the appropriate entry fees are received no later than Thursday 17 May 2018.

3. ENTRY FEES

Entry Fees for these Championships shall be \$5.00 per student for 5-9 years and \$10.00 per student of 10-19 years. Payment may be made to Queensland Running - BSB 814-282 Account Number 3021 7960 by direct credit (EFT). Cheques shall be made payable to 'Queensland Running'. Receipts and/or invoices for entry fees shall be available on request.

4. LATE ENTRY FEES

Entries received after Wednesday 16 May 2018 **will** incur a \$10.00 late entry fee. Late entries on the day will be accepted until **60 minutes** before the starting time of the event if accompanied by the appropriate late entry fee.

5. CLOSING DATE

Entries for the 2018 Queensland Running All Schools Cross Country Championship will close on Wednesday 16 May 2018. A late entry fee as in (4) above **WILL** apply to all entries received after that date.

6. COURSES

The responsibility rests with the runners to familiarise themselves with the respective course for their age group. Maps of the course will be displayed in prominent positions at the competition area. **EACH COURSE WILL BE MARKED WITH COLOURED FLAGS.**

- (a) At all times keep white flags on the right.
- (b) At all times keep red flags on the left.
- (c) Yellow flags and arrows indicate turns and must be rounded correctly.
- (d) At all times follow the directions of course marshals.

7. PROTESTS AND MEDAL PRESENTATION

Medal presentation to individual placegetters will take place at the Victory Ceremony area immediately after each event. Teams medal presentations will take place approximately 30 minutes after the completion of each race. A call will be made on the Public Address System to alert runners of Teams Medal presentations. If athletes are unable to remain for Teams Medal presentations, their medals will be provided to a representative of their particular school or college.

Protests will only be accepted up to 15 minutes after the third placed runner crosses the finish line. Protests must be made in the first instance orally to the Referee. Any subsequent appeal against a decision by the Referee must be in writing and must be made within the time-limit mentioned above. Protest forms are available at the Start/Finish area. If a protest is upheld and the decision affects individual placegetters, medals will be re-presented.

8. MEDALS

Medals will be awarded to the first three (3) individual placegetters in each Championship Event. There will also be a Team's Championship in each event/age group with medallions being awarded to the first three (3) Schools Teams to finish. Teams consist of three (3) runners. Teams Medals differ from Individual Place Medals.

9. PRIZE MONEY

Prize money of \$100 will be awarded to the most successful school competing at the 2018 Championship. The most successful school shall be the school that collects the greatest number of Team and Individual Medals. Team Medals shall count as One (1) Medal. In the event of a tie, the tie shall be decided by a count back based on the highest number of Gold Medals, both Team and Individual won. A prize of \$100 will be awarded to the school lodging the greatest number of entries by the closing date.

10. TEAM SCORING

The method of scoring shall be by scoring the least number of points according to the positions in which the first three (3) runners from each school finish. Three (3) runners constitute a team and it is not necessary to pre-nominate the three runners who make up a school team.

Runners must be from the same school. If there are more than three (3) runners in any event from any school, then the fourth runner from that school to finish shall be the first runner from that school's No. 2 team, and so on.

The team having the lowest aggregate shall be declared the winners. In case of a tie on points, the team whose last scoring member finished nearest to first place shall be the winning team. In calculating team points, all runners in the race in question shall be awarded points in accordance with their finishing position regardless of whether their school has sufficient finished runners to constitute a team.

11. UNIFORMS & COMPETITION BIBS

All runners **are** required to wear their **school sport uniform** and a competition bib on which may be recorded the athlete's time for their respective event.

12. INDEMNITY & INDIVIDUAL RESPONSIBILITY

It shall be the sole responsibility of the individual or their legal guardian, coach or teacher, to decide whether they start or continue in an event. Queensland Running, its parent body the State Athletic Clubs Association Inc., their officials, volunteers and/or sponsors accept no responsibility whatsoever for any injury, accident or loss sustained by any competitor whilst competing in or attending the Championship. Lodgement of an entry with the appropriate entry fee acknowledges acceptance of these conditions. By entering this competition, entrants and their parents/guardians give consent to have photographs of entrants used on the Association's website or for promotional purposes.

13. INSURANCE

Queensland Running holds comprehensive Public Risk and Public Liability Insurance as well as Professional Indemnity and Participation Insurance.

14. EVENT CANCELLATION OR POSTPONEMENT

The Organisers of the Championship reserve the right to postpone or cancel the event in the case of inclement weather or other factors affecting the good conduct of the Championship. In the event of cancellation or postponement, all entrants will be entitled to a full refund of entry fees. Any cancellation or postponement will be advised on the organiser's website: www.queenslandrunning.com.au and also on facebook.

Should entrants need to contact the Championship organisers on the DAY, please phone or text - 0418 113 377 or 0455 369 760.

NATIONAL CHAMPIONSHIP ASSISTANCE FUND

The National Championship Assistance Fund is a continuing initiative of Queensland Running - Queensland's premier cross country association. Queensland Running recognises that considerable costs are involved in representing your state at National level. To assist individual athletes and their families meet these costs, an Assistance Fund has been established. To qualify for a grant from the Fund, athletes chosen in the Queensland School Sport State Team must have competed in our 2018 All Schools Cross Country Championship. The decision to award grants to individual athletes will be at the sole discretion of Queensland Running. No other criteria will be considered for grants.

Last year, Queensland Running, through the National Championship Assistance Fund provided grants to more than 30 athletes attending the National Championships in Hobart. This year, the National Championship is to be held in Queensland and as a result, the cost of athlete participation will be less than an interstate championship. Accordingly, this year, the maximum grant per athlete will be \$150.00. Queensland Running will contact successful athletes directly after the Queensland School Sport State Team is announced to arrange payment of individual grants. In addition, Queensland Running's Season Registered Athletes may also be eligible for additional assistance.

AGE OF COMPETITOR WILL BE TAKEN AS AT 31 DECEMBER 2018

SCHOOL:					
ADDRESS:				POSTCODE:	
CONTACT NAME:			CONTACT No:		
MOBILE No:					
EMAIL:				ENTRY FEES: (attached) \$	

The athlete agrees to abide by the competition rules and to take direction from Championship Officials during the event. I consent to the athlete's name and/or image being used by the organisers and for their name and/or image being displayed on related websites/social media or being displayed by the official photographer.

Date / /2018

EMAIL	anne113377@gmail.com
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POST Queensland Running - PO Box 5646, Stafford Heights Q 4053

PAYMENTS BY EFT: DIRECT DEPOSIT TO	BSB 814-282 A/C No. 3021 7960
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CHEQUE **PAYABLE TO 'QUEENSLAND RUNNING'**

CREDIT CARD **VISA or MasterCard ONLY**

Card Number Expiry Date ____ / ____

Name on Card _____ Authorised Amount \$ _____ Signature _____

PLEASE TICK: ENTRY FOR ☐ **BOYS EVENTS** ☐ **GIRLS EVENTS** ☐ **AWD EVENT**
Use separate form for Boys and Girls Events and group all ages together

[illegible]

ENTRY FORM

2018 QUEENSLAND ALL SCHOOLS CROSS COUNTRY CHAMPIONSHIPS

PLEASE TICK: ENTRY FOR ☐ **BOYS EVENTS** ☐ **GIRLS EVENTS** ☐ **AWD EVENT**

Use separate form for Boys and Girls Events

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