



CROSS COUNTRY RULES

THREE AGE GROUPS

SENIORS	YEAR 11 AND ABOVE
JUNIORS	YEAR 8-10
PRIMARY	YEAR 7 AND BELOW

- Open to boys and girls. No discrimination between sexes in any events i.e. boys and girls run together in each event.
- Schools may enter the team event or enter as individuals
- The team events will count the best four runners in each age group.
- Starting time will be 4.30 pm
- School athletics uniforms must be worn
- All schools are to provide at least ONE Official. Host school to provide equipment.
- Host school to provide results to Executive Officer
- Host school to provide map of Course, clearly showing the starting point.
- This map to be provided with the program.
- Junior and Primary events to be between 2 km and 4 km.
- Senior events to be between 4 km and 6 km.
- All schools should provide a first aid kit.

All schools are encouraged to enter as many runners as they like.

All events are run on Wednesday afternoons.

Last Reviewed April 2016.