

**SAAS CROSS COUNTRY RULES**

**THREE AGE GROUPS**

**SENIORS YEAR 10 - 11 - 12**

**MIDDLE YEAR 7 - 8 - 9**

**PRIMARY YEAR 4 - 5 - 6**

**Events are held on a Wednesday and begin at 4.30 pm**

**5 Race meets across Term 3**

**Relay Concludes the competition as a separate event**

**The school with the most points at the end of the 5 race meets in each of the Boys / Girls age Category wins the Shield.**

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| **SAAS Shield – Senior Boys Yr 10-11-12** | **SAAS Shield – Senior Girls Yr 10-11-12** |
| **SAAS Shield – Middle Boys Yr 7-8-9** | **SAAS Shield – Middle Girls Yr 7-8-9** |
| **SAAS Shield – Primary Boys Yr 4-5-6** | **SAAS Shield – Primary Girls Yr 4-5-6** |

**The runners will still need to be timed and these scores submitted to SAAS with points awarded to the top 15 runners in each category with every runner who competes scoring 1 point for their school to encourage participation.**

**These points will be tallied, the school with the most points at the conclusion of the 5 race meets is the winner of the SAAS Shield in that age category.**

**The host team is responsible to record and forward the results to SAAS** **leo.panzarino@saas.asn.au**

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| **Point System (Top 15 places awarded points in each Category)** |
| **1st Place = 20 Pts** |
| **2nd Place = 18 Pts** |
| **3rd Place = 16 Pts** |
| **4th Place = 15 Pts** |
| **5th Place = 13 Pts** |
| **6th Place = 12 Pts** |
| **7th Place =11 Pts** |
| **8th Place = 10 Pts** |
| **9th Place = 9 Pts** |
| **10th Place = 8 Pts** |
| **11th Place = 7 Pts** |
| **12th Place = 6 Pts** |
| **13th Place = 5 Pts** |
| **14th Place = 4 Pts** |
| **15th Place = 2 Pts** |
| **All Event Runners Score a Point for their School = 1 Pts** |

* **If there is a dead heat in any race, both runners will receive full points**
* **Relay is a stand Alone Event to conclude the Competition – 4 Runners Required for each team**
* **Events will run concurrently for**

**SENIOR (Yrs 10, 11 and 12) MIDDLE (Yrs 7, 8 and 9) Primary (Years 5-6)**

* **All schools are expected to have their own First Aid Kit**
* **School Athletic uniforms must be worn**
* **All schools are to provide at least ONE Official**
* **Host Schools to provide required equipment**
* **Host Schools to provide a map of the Course, clearly showing the starting point – this map is 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**
* **Schools are encouraged to enter as many runners as they like.**

**Rules Updated 31/3/20**