



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 2

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.

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 does not finish in the placing points scoring 1 point for their school (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

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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 = 14 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 = 3 Pts
All Event Runners Score a Point for their School = 1 Pts

Only a team's top 4 runners can score bonus points with other runner who compete score the 1 participation point.

It adds a tactical element to the race day with runners who finish out of the top 4 placings, but in the top 15 positions able to block opposition runners from points by finishing in front of them and hence denying them that placings points.

This is the scoring system we should have been implemented from the start of the competition but we were not made aware until the competition had started.

Points Ladder				
Race Placing	Points	Runner Name	Runners Time	School
1	20	School 1		
2	18	School 2		
3	16	School 2		
4	14	School 1		
5	13	School 3		
6	12	School 2		
7	11	School 2		
8	10	School 1		
9	9	School 3		
10	8	School 1		
11	7	School 1 (only 1 point for this runner as 4 runners finished higher)		
12	6	School 2 (only 1 point for this runner as 4 runners finished higher)		
13	5	School 1		
14	4	School 3		
15	3			

- **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 25/9/20