

**SPORTS ASSOCIATION FOR ADELAIDE SCHOOLS**

**SAAS Cross Country**

**2023**

* Events are held on a Wednesday and begin at 4.30 pm.
* Shield Season includes 6-point scoring events & Mercedes Relays across Term 2.
* 3 additional events in Term 3 will conclude the Cross-Country season.
* The school with most points at the end of the 6 race meets wins the age Category Shield

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

**Each participating school** will be responsible for having their competitors wear on either side of their competition top, an adhesive label displaying the following details in the order presented -

* Race Category (Primary Years 4/5/6), Middle (Years 7/8/9) or Senior (Years 10/11/12)
* Gender
* School Name
* Runners Christian name followed by Surname.

**PLEASE NOTE** – It is the responsibility of each participating school to supply their runner with the adhesive label and to have runners accompanied by at least one ‘Official’.

As runners cross the finish line, labels will then be collected and adhered to a surface in finishing order representing an accurate finishing order which can then be separated into race categories and gender groups. In the case of someone losing their label on the run, that person will then enter their details as outlined above.

**A Host School** will be responsible for recording all runners in finishing order on the supplied excel spreadsheet before submitting to SAAS leo.panzarino@saas.asn.au.

**Schools and/or individual runners** will be responsible for recording times. Host Schools will not record times.

**The point scoring system** is outlined in the table below. These points will be tallied, the school with the most points at the conclusion of the 6 race meets is the winner of the SAAS Shield in that age category. **‘Mercedes Relays’** is a stand-alone event to conclude the Shield Season – 4 Runners required for each team. Further details to come.

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| **SAAS Shield Point System -** If there is a dead heat in any race, both runners will receive full points. |
| 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 competing team members scoring 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.

**2023 Race Meet Program**

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| **DATES** | **Races** |  |
| **May 10/5** (Term 2) | **Race Meet 1***SAAS Shield Round 1* | **St Peter’s Boys** |
| **May 17/5** (Term 2) | **Race Meet 2***SAAS Shield Round 2* | **Pulteney Grammar** |
| **May 24/5** (Term 2) | **Race Meet 3***SAAS Shield Round 3* | **Concordia** |
| **May 31/5** (Term 2) | **Race Meet 4***SAAS Shield Round 4* | **Immanuel – North Parklands** |
| **June 7/6** (Term 2) | **No Wed Race due to** Thurs 8/6 SSSSA Oakbank State Championships |
| **June 14/6** (Term 2) | **Race Meet 5***SAAS Shield Round 5* | **Mercedes** |
| **June 21/6** (Term 2) | **Race Meet 6***SAAS Shield Round 6* | **Immanuel School** |
| **June 28/6** (Term 2) | **Race Meet 7 - Relay** (Separate Event) | **Mercedes** |
| Term 2 Holiday Break |
| **July 26/7** (Term 3) | **Race Meet 8**(Time Handicap) | **St Peter’s Boys** |
| **Aug 2/8** (Term 3) | **Race Meet 9**(Estimate Your Time Event) | **Immanuel** |
| **Aug 9/8** (Term 3) | **Race Meet 10**(Individual Event) | **St Peter’s Boys** |
| **Aug 16/8** (Term 3) | **No Wed Race** |  |
| **Aug Fri 25-Mon 28** (Term 3) | School Sport Aust. National Cross-Country Championships  | **Stromlo Forest Park Canberra** |

**SAAS RELAY CHAMPIONSHIP**

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| Venue  | **Waite Oval & Grounds.** **Corner of Fullarton Road & Claremont Avenue, Netherby.**  |
| Host School  | **Mercedes College**  |
| Date  | **Wednesday**  |
| Check-In Time  | **4:00 pm**  |
| Race Start  | **4:20 pm**  |
| Presentations  | **Primary 5:00 pm, Junior & Secondary 5:15 pm**  |

PREPARATIONS

1. Schools to print off & complete the recording sheets.
2. Each team will be required to have a designated adult to record times for each runner.
3. Separate male & female toilet facilities will be available at the club house.
4. Schools are encouraged to bring their own First Aid; however, Mercedes College will have a staff member to monitor First Aid situations.
5. Course marshals will be identified by wearing a Fluro yellow vest.

AGE CATEGORIES

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| Category  | Ages  | Distance  | Sash Colour  |
| Primary  | Year 4 - 6  | 4x 2000m (2 laps each)  | Red  |
| Junior  | Year 7 - 9  | 4x 3000m (3 laps each)  | Blue  |
| Senior  | Year 10 - 12  | 4x 3000m (3 laps each)  | Green  |

* Students may only compete in their applicable age categories.
* Event is run concurrently for all the age groups.
* 4 Runners per team.
* Students should only run in one leg and in one team. Any involvement in a ‘second run’ will forfeit the result of the second team.

EVENT RULES

1. Students must wear the correct uniform of his/her school when competing.
2. Students must exchange a school-provided sash at the start-finish line to activate the relay change.
3. The final runner must wear a bib (prefer fluro) to indicate the last runner on the course.
4. Spikes are permitted for the event as the course is dominantly grass.
5. All rules, protests & disputes are as per SAAS ruling. Please refer any dispute to Event Convenor, Jeff Wray.
6. Officials will be in attendance on the course and all runners must adhere to instructions given by them.
7. Team managers complete the recording sheet with names, progressive/total running time (called by an official), and an individual split time (need to be calculated by the manager). Once the sheet is complete, this needs to be taken to the Recording Tent and given to the appropriate tray for compiling.
8. The next outgoing runner should attend the start-finish line as the incoming runner, on their final lap, is approaching the final corner.
9. Competitors who are approaching the start-finish line, with laps remaining to run, will bypass the change-over area and continue their laps.
10. A course marshal will be allocated at each start-finish line to call out times for all changeovers. These will be called out as a progressive time. Individual split times will need to be calculated. A reminder for managers when calculating splits, that when subtracting, be aware there are 60 seconds in a minute, not 100.
11. Presentations (medals) will occur when recording sheets have been processed from each Team Manager.