

Thursday 8 June 2023 – Sydney International Equestrian Centre

PROGRAM OF EVENTS

TIME	DESCRIPTION OF ACTIVITY
9.15am	Arrival of Association Teams
9.45am	Walk the Course for Secondary – 3000m and 4000m
10.45am	Course Closed in readiness for 1st Race at 9.30am

SECONDARY RACE SCHEDULE

TIME	EVEN T #	AGE DIVISION	DISTANCE
11.00am	1	18+ Years Girls Division (2 Laps of 3km Course)	6000m
11.20am	2	18+ Years Boys Division (2 Laps of 4km Course)	8000m
11.40am	3	17 Years Girls Division (1 Lap of 4km Course)	4000m
12.00pm	4	17 Years Boys Division (2 Laps of 3km Course)	6000m
12.20pm	5	16 Years Girls Division (1 Lap of 4km Course)	4000m
12.40pm	6	16 Years Boys Division (2 Laps of 3km Course)	6000m
1.00pm	7	15 Years Girls Division (1 Lap of 4km Course)	4000m
1.15pm	8	15 Years Boys Division (1 Lap of 4km Course)	4000m
1.30pm	9	14 Years Girls Division (1 Lap of 4km Course)	4000m
1.45pm	10	14 Years Boys Division (1 Lap of 4km Course)	4000m
2.00pm	11	13 Years Girls Division (1 Lap of 3km Course)	3000m
2.15pm	12	13 Years Boys Division (1 Lap of 3km Course)	3000m
2.30pm	13	12 Years Girls Division (1 Lap of 3km Course)	3000m
2.45pm	14	12 Years Boys Division/Parra Athletes (1 Lap of 3km Course)	3000m

CROSS COUNTRY CHAMPIONSHIPS

GUIDELINES & RULES

- All Associations will be allocated an area in the Grand Stand Seating – please see Indoor Arena Map for your allocation...your Area will be clearly marked on the day of the Championships.

AGE GROUPINGS

- Competitors must compete in their own age group.
 - Age groupings are based on the age the competitor is turning this year.
(For example, if a girl turns 14 this year, she must run in the 14 Years Girls 3000m event.)

MARSHALLING PROCEDURES

- All Athletes will be required to Marshall in the designated area near to the starting line:
 - **15 minutes prior to race start** – Announcer will call athletes to make their way to the Arena 2 starting Area;
 - **7 minutes prior to race start** – Athletes will be ready to enter the Arena 2 Gate and will be marshalled upon entry;
 - **3 minutes prior to race start** – Athletes will be walked to the Start Line;

N.B. Spectators are not permitted to enter Arena 2.

THE START

- Competitors will line up on the start line.
 - **Staggered Start**
 - The first 3 place getters from Each Association will take the front start line;
 - The remaining competitors will start behind
- The starting command shall be: 'On your marks' followed by the firing of the gun. A second firing shall indicate a recall.
- Para-athletes with hearing disability will be required to adhere to the following:
 - Prior to starting the race a coloured band must be fitted to the right wrist and any hearing devices are to be removed and placed into a container provided by the athlete' (A suitable container will be provided for collection of the containers and these will be available for collection at the end of the race.
 - A white flag will be dropped in plain site of the athletes to indicate the start of the race; this should be done as the starting gun is fired. A red flag will be waved to indicate a false start.
- Visually Impaired – T11, T12 or T13. T11 athletes **MUST** have a guide. T12 and T13 athletes may elect to have a guide.

THE FINISH

- Competitors are deemed to have finished upon crossing the finish line.
- Competitors shall be recorded with timing and issued a place card once they pass the finish line.
- All T11, 12 & 13 Multi Class-athletes - The guide must be behind the Athlete as they cross the finish line.
- All students must attend the recording area with their place card (in numerical order)
- The first 10 place getters will be directed to the Recording Area to:
 - be informed of the next steps and how they will receive information.
 - purchase AICES uniform
- All other competitors will exit via the 'Competitors Exit' and return to their team areas.
- The first 3 finishers in each race will be directed to the Presentation Area and presented with medallions.

RACE RULES

- All competitors must wear shoes.
- All Competitors must run in their Association Singlets.
- Spiked footwear can be worn.
- No pushing, tripping or interference with other competitors is allowed.
- No competitor shall use an Earbuds, IPod, MP3/4 or other listening device during the race.
- No competitor is to receive assistance or refreshments during the race.
- Asthma medication may be taken during the course of the race.
- Spectators and coaches are prohibited from running alongside a competitor at any time.

GENERAL RULES

- Spectators are not permitted to go onto the course, cross the track or enter the recording area.
- AICES reserves the right to alter the program if need be.
- Protests must be made in writing to the Carnival Managers/Convenors within 30 minutes of the completion of the event concerned.
- All final decisions concerning team selection, unfair competition and failure to comply with carnival rules shall be decided by Carnival Managers/Convenors.

SCHOOL TEAMS EVENT

- A School Team comprises the results of 4 competitors from the same gender in the same age group – the places of the first 4 members are added together and the lowest overall number is the winner of the team event.

PROTESTS

- All protests must be lodged in writing through Association Team management within 30 minutes of the event and handed to the CIS Cross Country Convenor.

AICES TEAM SELECTION

- Competitors finishing in the Top 10 in a Secondary Race at the AICES Championships will be selected in the AICES Cross Country Team.

PRESENTATIONS

- Presentations will be held as soon as possible after each Event (1st – 3rd Individual)