

**School Sport Australia and Australian Cross Country Championships
Willandra Cross Country Course, Nowra, NSW**



Saturday 29 August 2009

Technical Rules and Notes



1. The Championships will be conducted according to the rules of the IAAF, Athletics Australia and School Sport Australia.

2. **UNIFORMS:**

Each registered athlete shall wear the uniform of his/her first claim club, unless his/her Association has chosen a representative team of athletes who shall wear the uniform of that Association. Associations shall only choose first claim-registered athletes. Depending on the arrangement reached between the AIS or a State Institute or Academy with the athlete's Member Association, an athlete may wear the uniform of the Institute or Academy, instead of the Association uniform.

All athletes entered in the All Schools events by an Athletics Australia Member Association may wear either the correct Association uniform or the uniform of his/her school.

3. **COMPETITION NUMBERS**

Competition numbers will be given to the Team Managers at the Technical Meeting, who will be responsible for issuing to all athletes from their State/Territory. The competition bib numbers issued to competitors for these championships must be worn on the front and back of the competition uniform firmly attached with not less than four (4) pins, so the entire number and sponsorship information can be easily read. No part of the number shall be folded under the uniform.

ATHLETICS AUSTRALIA WILL ENFORCE IAAF RULE 143.8, WHICH RENDERS AN ATHLETE LIABLE TO DISQUALIFICATION IF S/HE TAMPERS IN ANY WAY WITH THE COMPETITION NUMBER.

4. **OFFICIAL REPRESENTATIVES (ORs):**

The ORs in each team must be declared at the Technical Meeting but may be altered up until call time for each race. If no changes are made prior to or at call, then the athletes declared as ORs at the Technical Meeting will remain the team.

All Additional Competitors (ACs) are deemed entered unless their status is changed to OR.

5. **WARM UP:**

Athletes can use the grass area adjacent to the course. Warm up should not take place on the course whilst events are underway.

6. **CALL TIMES:**

There will be Call Times via the announcer starting 30 minutes prior to each event.

Athletes must report to the Call Room no later than 20 minutes prior to the starting time of their event to confirm their entry. Basic uniform checks, including for non-conforming advertising will be made.

Athletes must then be taken to the assembly area adjacent to the start line 5 minutes prior to the official start time for the event. There will be 5, 3 and 1-minute warning announcements

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for athletes in the assembly area. If a Team Manager is unable to make contact with an athlete prior to competition, he or she should deliver the athlete's numbers and wrist tags to the Call Room so that the athlete may collect upon check in.

No goods will be collected or stored in the Call Room. Athletes wishing to wear tracksuits or other garments after they leave the Call Room should make arrangements with team managers to collect them from them at the start line.

7. **SCORING:**

Please refer to the official teams scoring document for Athletics Australia cross-country events, and to the School Sport Australia cross country rules and guidelines. Please read these documents carefully. There are differences between the scoring for Schools and Australian Championship events. Team Managers are asked to ensure that athletes competing in the Under 20, U18, U16 & U14 events are aware of these.

8. **ATHLETICS AUSTRALIA STATE TEAMS COMPETITION:**

Teams Championships will be held in accordance with the teams scoring document. The following Teams Championships will be held:

Open Men, Under 20 Men, Under 18 Men, Under 16 Men, Under 14 Men
Open Women, Under 20 Women, Under 18 Women, Under 16 Women, Under 14 Women

(All Schools: School Sport Australia Teams - refer to SSA rules)

9. **MEDALS**

Medals will be presented for all events where championships are being decided. Athletes competing in the Under 20 School Sport Championships are automatically eligible for the Under 20 Australian Championships. Individual and team medals will be presented as soon as is practicable after the conclusion of the event and results have been finalised. Each athlete must wear either their competition singlet or team tracksuit top for the victory ceremony. Team Managers are requested to assist in ensuring athletes are readily available and are correctly dressed.

For the Under 23 age groups, individual medals will be awarded to the first three Under 23 athletes (who are eligible to win Australian Championships and are born in 1987-88 or 89) to finish in the men and women's open events. No additional entry fee will apply nor is it necessary to specifically enter for the Under 23 – all eligible athletes will be automatically considered. There will not be any teams medal competitions in the Under 23 category.

Teams medals will be presented in accordance with the rules described in the teams scoring documents. The stipulation as to how many teams and therefore how many medals will be presented will be followed.

11. **PROTESTS:**

Protests must be lodged initially with the Out-of Stadia Referee as per IAAF rules. Appeals to the Jury are to be made in writing on the appropriate Appeal Form and lodged with the \$20 fee. Appeals can be made by either the athlete or Team Manager and should be lodged in the Administration area where forms will be available.

12. **WATER:**

Water will be available for athletes at the call room and finish line area.

13. **FIRST AID:**

First Aid will be set up for anyone requiring treatment at the finish line area. There will be space in the medical area at the finish line for team medical personnel.

14. **AMENITIES:**

Toilet facilities for athletes, officials and spectators will be available at the venue.

15. **TECHNICAL MEETING:**
 The Technical Meeting will be held on Friday 28th of August at 6.15pm at the Nowra council Chambers

Athletics Australia & School Sport Australia Cross Country Championships - 2009

Course Map

WILLANDRA CROSS COUNTRY COURSE - TAPITALLEE

