

HICES Cross Country Carnival

PROGRAMME

11:00 am	Schools Arrive and move to Designated Seating Areas / set up tents
11:15 am	Officials Meeting – main tent, sign sheet, provide mobile numbers.
11:25 am	Teams to be escorted around the Course by Year 6 students
12:05 pm	Carnival Programme Begins First Call for Competitors
12:10 pm	8 & 9 Years Boys (2000 Metres)
12:30 pm	8 & 9 Years Girls (2000 Metres)
12:50 pm	10 Years Boys (2000 Metres)
1:10 pm	10 Years Girls (2000 Metres)
1:30 pm	11 Years Boys (3000 Metres)
1:50 pm	11 Years Girls (3000 Metres)
2:10 pm	12/13 Years Boys (3000 Metres)
2:30 pm	12/13 Years Girls (3000 Metres)
3:00 pm	Presentation
3.10 pm	Conclusion – Schools depart

COMPETITION RULES

- Age groupings are based upon the age the competitor turns this calendar year. A competitor is not permitted to compete out of his/her age group.
- All competitors are required to wear running shoes whilst competing.
- Spikes are not permitted.
- Pushing, tripping or interfering with other runners will result in disqualification.
- Asthma medication may be carried by competitors and administered during the race.
- Students with life threatening conditions will be identified by wearing a coloured arm band.
- No one is permitted on the course during competition unless they are fulfilling an official role or accompanied by a course official.
- Competitors will be disqualified if an adult accompanies them during the race.
- Any protest should be made, in writing, to the Carnival Convenor by the Team Manager within ten minutes of the event concerned.
- Mrs Kim McNaught (HICES Convenor) and Mr Nicholas Wansey (Sport Co-ordinator, Oxley College) will make all decisions concerning unfair competition.