

40th All Schools Cross Country Championships



DATE: Sunday 14th May 2023

VENUE: Victoria Park, Herston

ENTRY FEE: \$15.00 per student (free for current QA Platinum members)
All entrants must be registered members of Qld Athletics

ENTRIES CLOSE: Monday 8th May at 9:00 AM
No late entries will be accepted
No entries accepted on the day

All schools and school students are invited to participate in the 40th annual Queensland Athletics All Schools Cross Country Championships at Victoria Park, Herston.

School students of all abilities, aged 6-19 years are welcome to compete - there are no qualifying standards. Our aim is to provide a safe and enjoyable (but challenging) cross country experience for all school students while also providing a pathway for athletes to progress within the sport.

The championships also act as a selection trial for the Queensland Athletics team which will compete at the 2023 Australian Cross Country Championships (location TBA).

Queensland Championship medals are awarded to individuals and school teams in each age group, with trophies for the overall top primary and secondary schools and to the top boys' and girls' schools.



COMPETITION RULES



ENTRIES

Entries must be submitted online through the Qld Athletics website.

CLOSING DATE & LATE ENTRIES

So we can provide a quick and easy experience for participants on the day of the Championships, entries will close at 9.00am on Monday 8th May 2023. No late entries will be accepted.

ENTRY AGE

The minimum age for these championships is 6 years with the maximum age of 19 years. Age is calculated as at 31 December 2023.

Entrants are automatically placed into each event according to their year of birth (see timetable).

CHECK-IN & MARSHALLING

On the day of the championship participants must **check-in no later than 45 minutes before** their scheduled start time. Upon checking-in, students will receive a competition bib number which must be attached with 4 pins (provided) to the front of their school shirt/polo/singlet. A timing tag will be attached to the race bib so do not fold or alter this bib.

After checking in, students are required to present for their race near the start line **15 minutes before** their race start time.

COURSE

Participants are encouraged to familiarise themselves with the respective course for their age group. Maps of the course are found on the competition page and will also be printed at the check in area. During the race, always follow the directions of the course marshals. The course will otherwise be marked out as:

- White cones on the right
- Red cones on the left
- Yellow cones and arrows indicate turns

MEDALS

Gold, silver and bronze medals will be awarded to the first three individual placegetters in each Championship event. There will also be a Teams Championship in each event with medals being awarded to the first three school teams (3 athletes) to finish. Individual medals will be given to athletes at the Finish line, and Team Medals will be sent to Schools after the conclusion of the Event.

TROPHIES

Trophies will be awarded to schools in the following categories:

- Overall Primary School (6-12 yrs)
- Overall Secondary School (13-19 yrs)
- Top Primary School for Girls and for Boys (6-12 yrs)
- Top Secondary School for Girls and for Boys (13-19)

Places in each category will be determined in a medal tally with points allocated for each medal won - gold 3pts, silver 2pts and bronze 1pt. Team medals will be counted as one medal with double points in the tally. Ties for places in the tally will be split by referring to how many gold medals were won, then silver, then bronze. Trophies will be sent to the winning schools after the completion of the event.

SCHOOL TEAMS

Three runners from the same school, in the same event/age group, constitute a team. There is no requirement to pre-nominate the three runners who make up a school team. Teams of 3 will be made up automatically based on the finishing order of the runners, with the first 3 runners from the school making the first team and the second 3 from the same school making up the 2nd team etc.

TEAM SCORING

The method of scoring shall be by achieving the least number of points according to the positions in which the first three runners from each school finish. The team having the lowest aggregate shall be declared the winners. If two or more competitors tie for any place, the points for the places concerned shall be aggregated and divided equally among the competitors so tying. In case of a tie in points, the team whose last scoring member finished nearest to first place shall be the winning team. Points are awarded to all finishers regardless to whether they are able to form a team.

40th All Schools Cross Country Championships & Short Course Championships



TIMETABLE

Sunday 14 May 2023 – Victoria Park, Herston

EVENT	START TIME	DISTANCE	AGE GROUP	Year Born
1	9.00am	1km (1x1km loop)	6 Years Girls	2017
2	9.10am	1km (1x1km loop)	7 Years Girls	2016
3	9.20am	1km (1x1km loop)	6 Years Boys	2017
4	9.30am	1km (1x1km loop)	7 Years Boys	2016
5	9.40am	1km (1x1km loop)	8 years Girls	2015
6	9.50am	1km (1x1km loop)	8 years Boys	2015
7	10.00am	1km (1x1km loop)	9 years Girls	2014
8	10.10am	1km (1x1km loop)	9 years Boys	2014
9	10.30am	3km (1x3km loop)	11 years Girls	2012
10	10.45am	3km (1x3km loop)	11 years Boys	2012
11	11.00am	3km (1x3km loop)	12 years Girls	2011
12	11.15am	3km (1x3km loop)	12 years Boys	2011
13	11.25am	3km (1x3km loop)	Multi Class 13 - 19 years Girls	2004-2010
14		3km (1x3km loop)	Multi Class 13 - 19 years Boys	2004-2010
15	11.45am	3km (1x3km loop)	13 years Girls	2010
16	12.00pm	3km (1x3km loop)	13 years Boys	2010
17	12.20pm	4km (2x2km loop)	U20/Open Short Course	Men
18		4km (2x2km loop)	Masters Short Course (30-49, 50+)	Men
19		4km (2x2km loop)	U20/Open Short Course	Women
20		4km (2x2km loop)	Masters Short Course (30-49, 50+)	Women
21	12.50pm	2km (1x2km loop)	Multi Class 10 - 12 years Girls	2011-2013
22		2km (1x2km loop)	10 years Girls	2013
23	1.10pm	2km (1x2km loop)	Multi Class 10 - 12 years Boys	2011-2013
24		2km (1x2km loop)	10 years Boys	2013
25	1.30pm	4km (2x2km loop)	14 years Girls	2009
26	1.50pm	4km (2x2km loop)	14 years Boys	2009
27	2.10pm	4km (2x2km loop)	15 years Girls	2008
28	2.30pm	4km (2x2km loop)	15 years Boys	2008
29	2.50pm	4km (2x2km loop)	16 years Girls	2007
30		4km (2x2km loop)	17 years Girls	2006
31	3.10pm	6km (3x2km loop)	16 years Boys	2007
32		6km (3x2km loop)	17 years Boys	2006
33	3.40pm	6km (3x2km loop)	18 & 19 years Girls	2004-2005
34		8km (4x2km loop)	18 & 19 years Boys	2004-2005