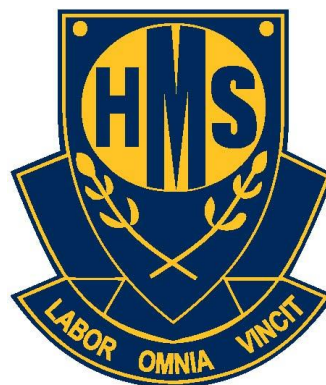


UPPER HUNTER ZONE ANNUAL CROSS COUNTRY CARNIVAL



Bill Rose Sports Complex, Scone

Thursday, 6th April 2023

Competing Schools	Manager
Muswellbrook High	Mrs Debbie Vardanega
Scone High	Miss Melanie Smith
Singleton High	Ms Carlee Burns
Merriwa Central	Ms Kelly Millevoi

Carnival Rules and Information

- 1. Competitors:** Each school will determine their competitor numbers per age group (boys and girls) for 2023; the cap of 10 students per age group will not be enforced. If schools have a greater number of student in any given age group of an appropriate standard to compete at the zone carnival, they may be entered. An Upper Hunter Zone Competitor levy of \$5 applies to each student competitor. Zone schools are responsible for collecting their student levies prior to the event. Schools will be invoiced for this levy based on final competitor numbers early in Term 2.
- 2. Regional:** The top 10 finishers from each age group (boys and girls) at the zone carnival will be invited to compete at the regional carnival. Your school sports organiser will be notified if you have qualified, by the start of Week 2, Term 2.
- 3. Age Divisions:** The age group you compete in is the age you turn in 2023.
Girls: 12 years, 13 years, 14 years, 15 years, 16 years, 17 years, 18+ years
Boys: 12 years, 13 years, 14 years, 15 years, 16 years, 17 years, 18+ years
Athletes may compete in 1 event only. They may choose to compete up an age division but not down.
- 4. Course distances:** A 1500m and 2000m course will be marked out at the venue.
12, 13 Years-Girls-3000m (competitors will complete 2 laps of the 1500m course)
12, 13 Years-Boys-3000m (competitors will complete 2 laps of the 1500m course)
14, 15 Years-Girls-4000m (competitors will complete 2 laps of the 2000m course)
14, 15 Years-Boys-4000m (competitors will complete 2 laps of the 2000m course)
16, 17 Years-Girls-4000m (competitors will complete 2 laps of the 2000m course)
16, 17 Years-Boys-6000m (competitors will complete 3 laps of the 2000m course)
18+ Years-Girls-6000m (competitors will complete 3 laps of the 2000m course)
18+ Years-Boys-8000m (competitors will complete 4 laps of the 2000m course)
- 5. Event rules:**
 - All competitors must compete in school sports uniform. Sturdy lace up footwear must be worn.
 - All competitors must present at the recording table with their place card once finished to have a result recorded against their name. Failure to present at the recording table, will result in a student voiding their finishing position – a DNF will be recorded.
 - No pushing or tripping on purpose is allowed – competitors are to keep left and run on the grass verge single file as opposed to the tar/gravel road surface where possible. Students need to check their surroundings before running wide to overtake other competitors on the course.
 - Spectators are to keep off the track and cannot assist competitors to complete the event.
 - No water can be carried by / consumed by a runner while on the course during their event.
 - Asthma puffers and EpiPens for insect allergies should be carried by competitors who require these while on the course.
 - Earbuds, headphones or earphones of any type cannot be worn on the course – competitors must be aware of and alert to their surroundings.
 - Students who do not follow the course as mapped or fail to complete the required number of laps will be disqualified or be listed as DNF.

6. General information:

- Please be weather prepared with adequate sun protection, clothing and drinks.
- There will be NO CANTEEN at the carnival – students will need to bring their recess/lunch.
- Single use plastics if brought to the venue are to be taken home with the student; Upper Hunter Shire Council does not permit these at their venues.
- Personal medication required by the student should be kept close at hand.
- There is no seating at the venue. Competitors and spectators are asked to bring their own chairs or rugs.

7. COVID-19 Guidelines:

- Following the National Cabinet announcement in late 2022, people who test positive to COVID-19 do not need to isolate. In line with this announcement, the NSW Department of Education has worked with NSW Health to support all schools to adapt to this change while continuing to prioritise student and staff wellbeing by minimising the risk of COVID-19 transmissions.
- Students and staff should continue to stay home when sick
- Students, staff and visitors should only attend school / school events when they are symptom free.
- Good hygiene practices including regular hand washing with soap and warm water and/or use of hand sanitiser is recommended.

OFFICIALS - 2023

Convenor	Melanie Smith (Scone HS)
Announcer / Marshal	Melanie Smith (Scone HS)
Starter	Merriwa CS staff member
Course supervisors	1 x Scone HS staff member 1 x Muswellbrook HS staff member 1 x Singleton HS staff member Scone High School student helpers (on check points)
Recorders	Scone HS students
Place card presenters	Scone HS students

Job Descriptions:

Convenor	Coordinates all areas of carnival organisation including regional entries.
Announcer / Marshal	Announces schedule of events; marshal's competitors to the start line.
Starter	Organises competitors in age groups on the start line; commences events as per the order of events; start line commands (<i>"Take your marks", signal</i>).
Course supervisors	Checkpoints, first aid, road crossing, general supervision on course (make your way back to the hill near the soccer/touch clubhouse at the conclusion of the event. Keep an eye out for any students remaining on the course).
Place card presenters	Determine the finishing position of each runner at the finish line for their respective age group. Provides a written place card to competitors, which is to be presented at the recording table by each competitor for their finishing position to be recorded.
Recorders	Record result for each competitor on recording sheets.

ORDER OF EVENTS

10:00am - BRIEFING: ON THE HILL NEAR THE CLUBHOUSE OVERLOOKING THE ATHLETICS TRACK

(Please set up shade shelters / seating overlooking the athletics track or on the grassed field on the inside of the athletics track)

10:10am - WALK THE COURSE guided by Scone HS students:

(12yr & 13yr Boys / Girls 1500m course)

(14yr – 18+yr Boys and Girls 2000m course)

EVENT NO.	TIME	AGE/GROUP	DISTANCE
1	11.00	18+ BOYS	8000M
2	11.05	18+ GIRLS	6000M
3	11.10	17 BOYS	6000M
4	11.15	16 BOYS	6000M
5	11.20	17 GIRLS	4000M
6	11.25	16 GIRLS	4000M
7	11.30	15 BOYS	4000M
8	11.35	15 GIRLS	4000M
9	11.40	14 BOYS	4000M
10	11.45	14 GIRLS	4000M
11	11.50	13 BOYS	3000M
12	11.55	13 GIRLS	3000M
13	12.00	12 BOYS	3000M
14	12.05	12 GIRLS	3000M

~12:45pm - ASSEMBLY ON THE ATHLETICS OVAL FOR WRAP UP OF CARNIVAL.

~1.15pm - SINGLETON, MERRIWA AND MUSWELLBROOK ON BUSES/ ONTO PRIVATE TRANSPORT TO RETURN TO SCHOOL.

COURSE MAP:

= 2 KM
 = 1.5 KM

= CHECK POINT /
 COURSE
 SUPERVISION
 / FIRST AID

