

**Agnes Water**

**State School**



**Cross Country**

**Guidelines**

# Agnes Water State School Cross Country Guidelines

## Hydration and Water Station

- Athletes must be suitably hydrated prior to their race.
- A water station will be set up approximately half way around the course.
- For further hydration please refer to our Hydration policy and guidelines.

## First Aid and course supervision

- Teachers, teacher aides and volunteers will be placed around the course. Placement of course supervisors will generally be line of sight from one to another to ensure supervision of the track is maximized.
- Their aim is to ensure the safety of all participants and ensure the track is completed correctly.
- If first aid is required by a participant during the race, they are to seek the nearest adult on the track who will radio or call the event coordinator.
- If an athlete is unable to reach the nearest adult they are to send another participant to the nearest adult. The athlete who is delivering the message will continue forwards along the track as to not interfere with their race.

## Representative Selection

- Only students aged 10, 11 and 12 years are eligible for representative selection.
- Students wishing to represent Agnes Water State School must be available for Bundaberg Trials, Wide Bay Trials and the State Trials. All dates will be released at the beginning of the year.
- Students must qualify with the following times. Only the fastest 2 competitors that meet the qualifying time will be selected.

QUALIFYING TIMES		
AGE	BOYS	GIRLS
10 yrs (2km) Born 2006	10 min.	11 min.
11 yrs (3km) Born 2005	15 min.	16 min.
12 yrs (3km) Born 2004	14.5 min.	16 min.

***Students must be present on the day of the event to be eligible for representative selection.***

## Agnes Water State School Cross Country Program

Event Number	Event	Distance
1	Boys 5 Years	800 m
2	Girls 5 Years	800 m
3	Boys6 Years	800 m
4	Girls 6 Years	800 m
5	Boys7 Years	1 km
6	Girls 7 Years	1 km
7	Boys 8 Years	1 km
8	Girls 8 Years	1 km
9	Boys 12 Years	3 km
10	Girls12Years	3 km
11	Boys11 Years	3 km
12	Girls11 Years	3 km
13	Boys9 Years	2 km
14	Girls9 Years	2 km
15	Boys10 Years	2 km
16	Girls 10 Years	2 km

### Note

- Some events may combine boys and girls together to save time.
- Some events may start before all competitors of the previous race are finished.

## **Safety and General Procedures**

- Students must run in suitable footwear. Spiked foot wear is not permitted.
- Students must have undergone a suitable training program for a minimum of 4 weeks or have a high level of fitness that would enable them to complete the course.
- HPE lessons will lead into this event providing a minimum 4 weeks training and familiarization of the track.
- A walk through parent afternoon will be held if parents wish to familiarize themselves with the track.
- Students are encouraged to run in house sports uniform.
- The track will be clearly marked on the day with markers and lined paint.
- Any changes to the track that are unforeseen will be discussed with students prior to their race.
- In the event of poor weather whether the cross country will be postponed. This decision will be made on the day of the Cross Country.
- Students are encouraged to wear sunscreen and this will be provided.
- Hats are to be worn at all times except for when students are competing. This is a personal preference of each student.
- Students, parents and spectators must abide by Agnes Water State Schools Sport Code of Conduct. Please refer to this document for further information.