



# CHRISTIAN SCHOOLS SPORTS ASSOCIATION

Attention: Sports Coordinators,

The CSSA Primary & Secondary State Cross Country will be held on Friday 28 May 2021 at The Sydney International Equestrian Centre: Saxony Rd Horsley Park 2175 NSW

Due to **COVID-19 restrictions** the following changes have been implemented for 2021:

- Entries will be zone based ie. to progress through to state students will need to qualify through a Zone X-Country Carnival
- The CSSA State X-Country will run as a separate Primary X-Country Carnival (7:30am – 11:15am) and Secondary State X-Country Carnival (11:30am – 3:30pm) See attached program
- Only primary competitors, teachers & officials can attend the CSSA Primary State X-Country Carnival. Gates will open at 7:30am and close at 11:15am.
- Only secondary competitors, teachers & officials can attend the CSSA Secondary State X-Country Carnival. Gates will open at 11:30am after all primary competitors have left the venue.
- Further COVID Safety Restrictions will be implemented closer to the event

## Entry Fee

- Entry fee for competitors will be **\$12.00** (inc GST)

Schools will be invoiced at the end of Term 2 - CSSA Sports Account T2 2021 based on competitor entries as of Tuesday 25 May 2021. Late withdrawals AFTER this date WILL BE charged the entry fee

## School Entries

Schools will enter their students who have qualified through zone via the on-line nomination portal:

<https://www.cssa.net.au/index.php/state-carnivals/cross-country>

**CLOSING DATE: Tuesday 25 May 2021 6pm**

Changes can be made on-line up until the closing date. After this time changes must be made at the recording table by **8:45am (Primary)** and **12:15pm (Secondary)** by the School team manager on the day of the carnival.

## CSSA Code of Conduct

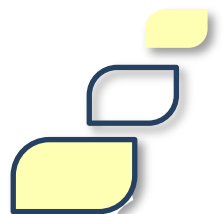
Please ensure that **ALL competitors & parents** are aware of the CSSA Code of Conduct:

[https://www.cssa.net.au/images/cssa/policies/CSSA\\_CodeofConduct.pdf](https://www.cssa.net.au/images/cssa/policies/CSSA_CodeofConduct.pdf)

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ABN 96 059 090 366 • PO Box 2424 BOMADERRY 2541 NSW • [www.cssa.net.au](http://www.cssa.net.au)

Executive Officer: Linda Heslehurst • P: 0418 685 898 [linda@cssa.nsw.edu.au](mailto:linda@cssa.nsw.edu.au)





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## Competitor Dress Code

- Students must compete in approved school/zone sports uniform.
- Shoes must be worn at all times
- Bicycle pants/skins may be worn only if they are **approved by their school** and are the same colour as their sports uniform or black or navy.
- Competitors must start & finish an event in the correct attire. At no time are competitors allowed to discard clothing throughout an event.
- **iPods/headphones are not permitted on the course.**
- No metal spikes are allowed

## Supervision

- Schools are required to provide **ADEQUATE** adult supervision for their students at all times
- Students are to remain seated with their school whilst not competing.
- **No ball games** will be permitted at the venue.
- **Spectators are not allowed on the course**
- Schools are required to bring a sturdy shade shelter (which can be secured safely to the ground) for their competitors to protect them from inclement weather.
- Warm clothing & wet weather gear is highly recommended
- **Schools are to ensure their competitors are well hydrated before & after their event.**

## First Aid

Qualified 1<sup>st</sup> Aid providers will be in attendance, however schools are advised to provide for their own 1<sup>st</sup> Aid needs.

**Please ensure asthmatics bring their medication and carry their puffer whilst running.**

## Competitor Name Tags/Bar Codes

- **Primary Sports Coordinators** collect Competitor Name Tags by 8.30am from the Recording Room
- **Secondary Sports Coordinators** collect Competitor Name Tags by 12:15pm from the Recording Room

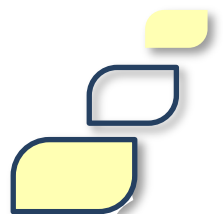
Students **CANNOT compete** without a **Competitor Name Tag**

At the conclusion of each event students will make their way to the Recording Room where their Name Tag will be scanned to record placings.

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## Presentations and Results

- Presentations will be made after each event.
  - Trophies will be awarded to **1st, 2nd & 3rd place** in each event and certificates will be awarded for 1st to 5th place in each event.
  - Team Medals – TBC depending on zone entry restrictions  
Team Scores are calculated by adding the places of all 4 competitors in each team.  
The winning team is the one with the LEAST amount of points.  
Schools must have 4 competitors to be eligible for the teams event.
- Results will be posted near the start line throughout the day

## CIS Team

Written confirmation of inclusion in the team to represent at CIS will be sent through to schools. The first ten runners to finish who are in CIS member schools will qualify to represent CSSA at Sydney Motorsport Park, Eastern Creek on Thursday 10 June 2021. The NSWPSA/All Schools Cross Country will be held on Thursday 15 July 2021 at Sydney Motorsport Park, Eastern Creek.

## School Duties

All Schools attending the State Cross Country **MUST** provide a Primary and/or Secondary Official.

*Country Schools will be exempt from providing officials where possible  
Please check School Duty List 2021*

School Officials can be a parent or teacher. All officials **MUST** have a Working with Children Check

- School duties will last up to approx.3 hours

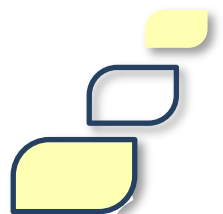
### **School MUST provide the following items for their Primary & Secondary Officials**

1. **Asthma inhaler**
2. **1<sup>st</sup> Aid kit**                    ie. Easy crack ice pack, saline solution for eye injuries, Handy Crepe bandage
3. **Mobile Phone**
4. **Water bottle + snacks**
5. **Wet Weather/Sun protection**

**Primary Officials report to the RECORDING ROOM by 8:30am**  
**Secondary Officials report to the RECORDING ROOM by 12:00pm**

If you have any questions or concerns please do not hesitate to call me.

Linda Heslehurst  
CSSA Executive Officer





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## CSSA State Cross Country 2021

Sydney International Equestrian Centre

Friday 28 May 2021

Races **WILL NOT** be put on hold for competitors running late or buses caught in traffic. Please ensure ample travelling time is allocated. **Marshalling of events will take place 15 minutes prior to programmed time.** Asthmatics should take their puffer with them when they run.

### Primary Program of Events

7.30am	Gates open - <b>Primary competitors only</b>	Submit late changes by 8:30am at Recording Room
8.30am	<b>Primary Officials report to RECORDING ROOM</b>	
8.40am	Open in Prayer	
8.45am	Marshalling for 8/9yr old Girls	
9.00am	8/9 years Girls	2km
9.10am	8/9 years Boys	2km
9.20am	10 years Girls	2km
9.30am	10 years Boys	2km
9.40am	<b>Primary Multi-class Athletes</b>	<b>2km</b>
9.50am	11 years Girls	3km
10.05am	11 years Boys	3km
10.20am	12/13 years Girls (Primary Only)	3km
10.35am	12/13 years Boys (Primary Only)	3km
11.00am	Course Closed	

**All Primary competitors must depart venue by 11:15am**

### Secondary Program of Events

11.30am	Gates open - <b>Secondary competitors only</b>	Submit late changes by 12:15pm at Recording Room
12.00pm	<b>Secondary Officials report to RECORDING ROOM</b>	
12.25pm	Open in Prayer	
12.30pm	Marshalling for 17 & 18 yr old girls	
12.40pm	17 & 18 years Girls	4 km
12.50pm	17 & 18 years Boys	6 km

**Note: 17 & 18yr old competitors will race together, however results will be recorded in separate age groups**

12.55am	<b>Secondary Multi-class Athletes</b>	<b>3km</b>
1.00pm	16 years Girls	4 km
1.15pm	16 years Boys	6 km
1.30pm	15 years Girls	4 km
1.40pm	15 years Boys	4 km
1.50pm	14 years Girls	4 km
2.00pm	14 years Boys	4 km
2.10pm	13 years Girls	3 km
2.20pm	13 years Boys	3 km
2.30pm	12 years Girls (Secondary Only)	3 km
2.40pm	12 years Boys (Secondary Only)	3 km

**3:00pm Clean Up Spectator Area & Close of Carnival**

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