



# **SYDNEY WEST SECONDARY CROSS COUNTRY CHAMPIONSHIP 2023**

**WEDNESDAY 14 JUNE**

**SYDNEY INTERNATIONAL  
EQUESTRIAN CENTRE**

Saxony Rd, Horsley Park NSW 2175



# SYDNEY WEST SCHOOL SPORT ASSOCIATION

## SECONDARY EXECUTIVE

<b>President</b>	Lauretta Claus	Arthur Phillip HS
<b>Vice Presidents</b>	Gavin Holburn Sheridan Southall	Kingswood HS Glenwood HS
<b>Principals Rep</b>	Adam Forbes	Kingswood HS
<b>Secretary</b>	Karen Scanes	Greystanes HS
<b>Sports Coordination Officer</b>	Daniel Brown	School Sport Unit
<b>Convener</b>	Chanelle Jennings	Castle Hill HS
<b>Assistant Convener</b>	Heike Forth	Cranebrook HS

### COMPETING ZONES

Blacktown  
Hills  
Macquarie  
Mount Druitt  
Nepean  
Prospect  
The Hills Sports  
Werrington

### COLOURS

White & Navy  
Gold & Blue  
Navy, White, Grey & Lime Green  
Red & White  
Black & White  
Green, Black & White  
Sky Blue & Maroon  
Black & Gold



## 2023 Secondary Cross Country Grandstand Seating Plan

	Nepean	Macquarie	Blacktown	Hills	Mount Druitt	Prospect	THSHS	Werrington	
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# Main Arena

## SECONDARY RULES AND CONDITIONS

1. The SWSSA Cross Country Championships will be conducted according to Section 6.7 of the NSWCHSSA Handbook.
2. **ENTRY**
  - a) Entry will be through a zone basis only. Zones may enter up to 10 runners in each age/division.  
**All runners must wear their zone uniform.**
  - b) Ten runners will proceed to the NSW All Schools Cross Country Championship. The top 8 are automatic with the next 2 places selected at the convener's discretion.
3. **AGE DIVISIONS**

12 Years Girls/Boys	13 Years Boys/Girls
14 Years Girls/Boys	15 Years Boys/Girls
16 Years Girls/Boys	17 Years Boys/Girls
18+ Years Girls/Boys	

**NO STUDENT MAY RUN OUT OF HIS/HER AGE GROUP**
4. **DISTANCES**

12 & 13 Years Boys & Girls	3000m
14 & 15 Years Boys	4000m
14, 15, 16, 17 & 18+ Years Girls	4000m
16, 17 & 18+ Years Boys	6000m
All Multi-Class Competitors	3000m
5. **JUDGING**
  - a) Each competitor who finishes will be given a finish ticket and a time.
  - b) Each competitor is to report to their recording area at the completion of their race.
  - c) Students must compete in their zone singlet/t-shirt. Those without a shirt will be disqualified. Students must wear the electronic timing bib on their front. Students must compete in shoes.

## SYDNEY WEST SSA STATE TEAM SELECTION

The SWSSA team shall consist of the best **10** competitors in each age group/division for secondary students.

1. The NSW All Schools Cross Country Championships will be held on **Friday 21<sup>st</sup> July 2023** at Sydney Motorsport Park, Eastern Creek.
2. All competitors qualifying for the Sydney West SSA team will receive an information sheet with instructions on how to register and pay online using our new DASH website at the conclusion of their event.
3. The DASH permission note and levy payment must be completed online.  
**This must be finalised no later than Friday 30 June 2023.**

## 2023 SYDNEY WEST SSA CROSS COUNTRY PROGRAM

11.15am Team Managers' meeting in control room

11:45am First marshalling call

<b>Time</b> (approx.)	<b>Age/Class</b>	<b>Sex</b>	<b>Distance</b>	<b>Prim/Sec</b>
12.00pm	18+ Years	Boys	6000m	Secondary
12.10pm	18+ Years	Girls	4000m	Secondary
12.20pm	17 Years	Boys	6000m	Secondary
12.30pm	17 Years	Girls	4000m	Secondary
12.40pm	Secondary Multi-Class	Boys & Girls	3000m	Secondary
12.55pm	16 Years	Boys	6000m	Secondary
1.05pm	16 Years	Girls	4000m	Secondary
1.15pm	15 years	Boys	4000m	Secondary
1.25pm	15 years	Girls	4000m	Secondary
1.35pm	14 Years	Boys	4000m	Secondary
1.45pm	14 years	Girls	4000m	Secondary
1.55pm	13 Years	Boys	3000m	Secondary
2.05pm	13 Years	Girls	3000m	Secondary
2.15pm	12 Years	Boys	3000m	Secondary
2.25pm	12 Years	Girls	3000m	Secondary

