



Education

SYDNEY WEST CROSS COUNTRY CHAMPIONSHIPS 2021

WEDNESDAY 09 JUNE 2021

SYDNEY MOTORSPORT PARK

Ferrers Road, Eastern Creek, NSW 2766



SYDNEY WEST SCHOOL SPORT ASSOCIATION

SECONDARY EXECUTIVE

President	Mrs Laurretta Claus	Arthur Phillip HS
Vice Presidents	Mr Gavin Holburn Miss Sheridan Southall	Kingswood HS Glenwood HS
Secretary	Mrs Karen Scanes	Greystanes HS
Sports Coordination Officer (R)	Mr Daniel Brown	School Sport Unit
Convener	Alese Bottrill	Northmead CAPA 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

PRIMARY EXECUTIVE

President	Mr Matt Lewis	Lidcombe PS
Vice Presidents	Mr Luke Hogan Mr Michael Roberts	North Kellyville PS Caddies Creek PS
Sports Coordination Officer (R)	Mr Daniel Brown	School Sport Unit
Conveners	Mr Johl Storey Mr David England	Schofields PS Schofields PS

COMPETING ZONES

Auburn
Blacktown
Blue Mountains
Castle Hill
Hawkesbury
Mount Druitt
Parramatta/Merrylands
Penrith
Ridges
St Marys
Wentworthville/Seven Hills

COLOURS

Maroon & Yellow
Black, Red & White
Green & White
Red & Blue
Maroon & Sky
Green & Gold
Blue & Gold
Teal Black & White
Sky Blue & White
Black & Gold
Black & White

SECONDARY RULES AND CONDITIONS

1. The SWSSA Championships will be conducted according to Section 6.7 of the NSW CHS Handbook.
2. **ENTRY**
 - a) Entry will be 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. Top 8 are automatic with the next 2 places at the convenors 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.

PRIMARY RULES AND CONDITIONS

1. The SWSSA Championship will be conducted according to Section 5.6 of the NSW PSSA Handbook.
2. **AGE DIVISIONS/DISTANCES**

8/9 Years Boys & Girls	2000m
10 Years Boys & Girls	2000m
11 Years Boys & Girls	3000m
12/13 Years Boys & Girls	3000m
All Multi-Class Competitors	2000m
3. **ENTRY LIMITS**

Eight (8) competitors per Division, per Zone or Combined Zone, from whom six (6) must finish in each division for their Teams point scores. Zones may apply for Invitation entry. Invitational Athletes must meet both selection criteria below:

 1. Representing Sydney West PSSA on higher duties; and
 2. Must have placed in the top 10 at previous year Sydney West Cross Country Championships.

Invitation requests can ONLY be submitted by the Zone Team Manager. Sydney West Conveners have the right to dismiss requests that do not meet the criteria. SW Conveners decision is final.
4. **ATHLETES COMPETING IN MULTI-CLASS EVENTS**
 - a) Zones may send up to two (2) entries per age/gender division. (Age Divisions are as above)
 - b) Categories to be Eligible are T20, T01, T35/36, T37, T38, T44, T45, T46, T11, T12 & T13
 - c) Qualifying Times for each Category will follow the School Sport Australia Guidelines.
<http://www.schoolsport.edu.au/wp-content/uploads/2015/08/R-G-Cross-Country-Championships-2015-Updated-July.pdf> Schedule G

SYDNEY WEST SSA STATE TEAM SELECTION

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

The SWSSA team will include the first **6** competitors in each age group/division for Primary.

- 1.** The NSW All Schools Cross Country Championships will be held on **Thursday 15th July 2021** at Sydney Motorsport Park, Eastern Creek.
- 2.** All competitors qualifying for membership of the Sydney West team will receive an information sheet and permission note at the Sydney West SSA Championship at the conclusion of their event.
- 3.** Permission note, plus levy money, as well as orders/money for additional items, must be returned to:

Sydney West School Sport Association

Note by Email: sydwestsport@det.nsw.edu.au

Payment: Via EFT (please see permission note for banking details)

To arrive no later than Friday 18 June 2021

2021 SYDNEY WEST CROSS COUNTRY PROGRAM

- 8.45am Team Managers' meeting in control room
Officials meet in control room for allocation of checkpoints.
- 9.00am **3000m, 4000m and 6000m** competitors **(Primary and Secondary)**, Assistant Team Manager and interested spectators assemble at start line for Walk of Course.
- 9.15am **2000m** competitors **(Primary)** and interested spectators assemble at start line for Walk of Course
- 9.25am **COURSE CLOSED**
- 10:00am **Walk of Course Finished**

Time (approx.)	Age/Class	Sex	Distance	Prim/Sec
10.15am	18+ Years	Boys	6000m	Secondary
10.25am	Primary Multi-Class	Boys & Girls	2000m	Primary
10.35am	10 Years	Boys	2000m	Primary
10.45am	18+ Years	Girls	4000m	Secondary
11.00am	10 Years	Girls	2000m	Primary
11.05am	14 Years	Girls	4000m	Secondary
11.20am	14 years	Boys	4000m	Secondary
11.25am	15 years	Girls	4000m	Secondary
11.40am	15 years	Boys	4000m	Secondary
11.45am	Secondary Multi-Class	Boys & Girls	3000m	Secondary
11.55am	8/9 Years	Boys	2000m	Primary
12.00pm	8/9 Years	Girls	2000m	Primary
12.05pm	12/13 Years	Girls	3000m	Primary
12.15pm	12/13 Years	Boys	3000m	Primary
12.25pm	17 Years	Girls	4000m	Secondary
12.30pm	17 Years	Boys	6000m	Secondary
12.45pm	16 Years	Girls	4000m	Secondary
12.50pm	16 Years	Boys	6000m	Secondary
1.00pm	12 Years	Girls	3000m	Secondary
1.05pm	12 Years	Boys	3000m	Secondary
1.15pm	13 Years	Girls	3000m	Secondary
1.25pm	13 Years	Boys	3000m	Secondary
1.45pm	11 years	Girls	3000m	Primary
1.55pm	11 Years	Boys	3000m	Primary

PRESENTATIONS WILL BE MADE DURING THE PROGRAM