2026

NSWCIS

CROSS COUNTRY CHAMPIONSHIPS

GUIDELINES & RULES

Thursday 25 June
Sydney International Equestrian Centre

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Collection of Race Plate

- On arrival at the Equestrian Centre, Athletes will be required to collect their Race Plate from their Association.
- Each Association will be provided with an Allocated Table/Area inside the Indoor Arena, where you will be able to collect your Race Plate.
- Along with the race plate, the top 3 runners from each Association in each Division will be provided with a wristband for start line purposes.

N.B. AICES & HZSA race plate collection will take place at their Grand Stand Seating area.

- All Associations will be allocated an area in the Grandstand Seating – please see Indoor Arena Map for your allocation - your area will be clearly marked on the day of the Championships.

N.B. Primary Associations will not be allocated seating until after 11.30am, to allow time for some of the Secondary Students to have competed and finished.

Age Groups

- Competitors must compete in their own age group.

N.B. Age groupings are based on the age the competitor is turning in the year of competition.

Marshalling Procedures

- All Athletes will be required to Marshall in the designated area located behind Main Arena 1:

o **15 minutes prior to race start** – Announcer will call athletes to make their way to the Marshalling Area;
o **7 minutes prior to race start** – Athletes will be ready to enter the cordoned area and will be marshalled upon entry;
o **3 minutes prior to race start** – Athletes will be walked to the Start Line;

N.B. Please follow the directions of signage. Spectators are not permitted to enter the cordoned off area.

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The Start

- Competitors will line up on the start line.
  - The top 3 runners from each Association (wearing a wrist band) will line up on the start line.
  - The remaining competitors will be staggered behind.
- The starting command shall be: 'On your marks' followed by the firing of the gun. A second firing shall indicate a recall.
- Para-athletes with hearing disability will be required to adhere to the following:
  - Prior to starting the race a coloured band must be fitted to the right wrist and any hearing devices are to be removed and placed into a container provided by the athlete' (A suitable container will be provided for collection of the containers and these will be available for collection at the end of the race.
  - A white flag will be dropped in plain site of the athletes to indicate the start of the race; this should be done as the starting gun is fired. A red flag will be waved to indicate a false start.
- Visually Impaired – T11, T12 or T13. T11 athletes MUST have a guide. T12 and T13 athletes may elect to have a guide.

The Finish

- Competitors are deemed to have finished upon crossing the finish line.
- Competitors shall be recorded by chip timing once they pass the finish line. The first 12 Secondary and first 8 Primary finishers in each race will also be given a place ticket.
- All T11, 12 & 13 Multi Class-athletes - The guide must be behind the Athlete as they cross the finish line.
- The first 6 place getters in the primary event and the first 10 place getters in the secondary events (place Ticket getters, with the exception of the Reserves) will be directed to the Team Room:
  - ensure administrative details have been recorded;
  - be informed of the next steps and how they will receive information;
  - purchase CIS uniform and pay the team member levy to compete at the next level.
  - (Parents will be invited to assist in fitting for apparel if they are present)
- All other competitors will exit via the 'Competitors Exit' and return to their team areas.
- The first 3 finishers in each race will be directed to the Presentation Area and presented with medallions.

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Multi-Class Athletes

- Placings for Multi-Class events will be determined using the Cross-Country Multi-class Calculation formula.

i.e. comparing the athlete's time to the 1500m (Prim) or 5000m (Sec) Baseline time for their classification and determining the percentage. All percentages for all Multi Class-athletes classes will be calculated and the highest percentage wins, second highest second etc.

Race Rules

- All competitors must wear shoes.
- All Competitors must run in their Association Singlets.
- Spiked footwear is unsuitable for this course and MUST NOT be worn.
- No pushing, tripping or interference with other competitors is allowed.
- No competitor shall use an IPod, MP3/4 or other listening device during the race.
- No competitor is to receive assistance or refreshments during the race.
- All competitors must display their chest plate number.
- Asthma medication may be taken during the course of the race.
- Spectators and coaches are prohibited from running alongside a competitor at any time.

General Rules

- Spectators are not permitted to go onto the course, cross the track or enter the recording area.
- NSWCIS Carnival Convenors reserve the right to alter the program if need be.
- Protests must be made in writing to the Carnival Managers/Convenors within 30 minutes of the completion of the event concerned.
- All final decisions concerning team selection, unfair competition and failure to comply with carnival rules shall be decided by Carnival Managers/Convenors.

School Team Event

- A School Team comprises the results of 4 competitors from the same gender in the same age group – the times of the first 4 members are added together and the lowest overall time is the winner of the team event. Only the team with the lowest combined time for each event will be presented with team medals. There is no further pathway for the team.

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Protests

- All protests must be lodged in writing through Association Team management within 30 minutes of the event and handed to the CIS Cross Country Convenor.

CIS Team Selection

- The top 6 place getters in each event at the Primary level automatically qualify for the CIS Primary Cross Country Team. This team will compete at the NSWPSSA Cross Country Championships to be held on Wednesday 22 July at the Sydney International Equestrian Centre.
- The top 10 place getters at the Secondary level automatically qualify for the CIS Secondary Cross Country Team. This team will compete at the NSW All Schools Cross Country Championships to be held on Tuesday 21 July at the Sydney International Equestrian Centre.
- These students will be asked to report to the Team Room (which will be located near the Café & Food Outlets) to register, pay the team member levy and purchase CIS uniform, at the conclusion of the event.

Presentations

- Presentations will be held as soon as possible after each Event (1st – 3rd Individual and 1st Team per Age group), will be able to collect their Medals from the Presentation Table on the way from the finish line to the CIS Team Room.

Results

- All results can be viewed via the Multisport website - www.multisportaustralia.com.au