



AICES CROSS COUNTRY INFORMATION 2020

Venue	Sydney International Equestrian Centre Saxony Road, Horsley Park NSW 2175
Parking	Bay Follow the direction of the parking attendance
Date	Nominations Due – Wednesday 27th May 2020 (in Meet Manager by Associations) Carnival – Wednesday 3rd June 2020
Time	9.30am - Teams Arrive 9.50am - Walk the Course - new course this year 11.00am - Races Commence
First Aid	2 x Accredited first aid/sports trainer will be in attendance All teams should also bring their own First Aid Kit. Course Officials should bring a small school 1 st Aid kit to have at their station. This should contain an ASTHMA INHALER. Ice will be available
Students	Supervision of students is the Sub Association/Schools responsibility. No students are permitted onto the course unless competing. Students should bring a sun hat and also sunscreen for the day. Hydration is very important. Please ensure all competitors are fully hydrated before and after the event.
Rules	<u>Association Teams</u> Maximum 11 runners per age group (10 in the team plus one emergency entry only to be used in extreme circumstances) All competitors must be in official association athletics singlet All competitors must have their competitor number on the back of their hand. Students who finished in 1 st , 2 nd or 3 rd place at their association carnival will be seeded to start in the front two rows of each event.
Teams Event	This is a school-based event. Schools may enter 4 runners in each event and their combined places/score will be recorded. The winning teams will be selected to represent AICES at the CIS carnival. Maximum 2 teams from each association per age group. These team entries must be included in the Association Meet Manager Entries
Championship	The champion association will be determined by combining point scores from all age groups. 1 st , 2 nd & 3 rd places will receive an AICES Medallion at the conclusion of their race.
Canteen	A canteen will be available with limited items eg drinks, sausage sandwiches, potato chips etc
Other	Please be prepared for wet weather. A ground sheet and or cover for yourself.
AICES Team	The first ten places (plus teams) in each event will be selected in the AICES Cross Country Team to compete at the NSW CIS Championships on Thursday 11 th June 2020 at Eastern Creek. If you finish in this group please make sure you collect an information sheet and AICES t-shirt from the administration table as you record.

Program

9.30am Arrival of Association teams
9.45am Walk the Course – 4000m and 3000m

11.00am 18 Years Boys 8000m (2 Laps of 4km Course)
11.20am 18 Years Girls 6000m (2 Laps of 3km Course)
11.40am 17 Years Boys 6000m (2 Laps of 3km Course)
12.00pm 17 Years Girls 4000m (1 Lap of 4km Course)
12.20pm 16 Years Boys 6000m (2 Laps of 3km Course)
12.40pm 16 Years Girls 4000m (1 Lap of 4km Course)
1.00pm 15 Years Boys 4000m (1 Lap of 4km Course)
1.15pm 15 Years Girls 4000m (1 Lap of 4km Course)
1.30pm 14 Years Boys 4000m (1 Lap of 4km Course)
1.45pm 14 Years Girls 4000m (1 Lap of 4km Course)
2.00pm 13 Years Boys 3000m (1 Lap of 3km Course)
2.15pm 13 Years Girls 3000m (1 Lap of 3km Course)
2.30pm 12 Years Boys 3000m (1 Lap of 3km Course)
2.45pm 12 Years Girls 3000m (1 Lap of 3km Course)

Presentations will be held following all events