



IPSHA CROSS COUNTRY 2015

RULES OF THE COMPETITION

1. Age groupings are based upon the age each child will be on 31st December 2015, for example, if a boy turns ten this year, he must run in the Boys 10 Years, 2000 metre event. Children are not permitted to compete out of their age group.
2. Spiked footwear is not permitted. All competitors must wear running shoes.
3. No pushing, tripping or interference with other runners is allowed.
4. No competitor may receive assistance or refreshments during the race.
5. **Asthma medication may be taken during the course of a race.**
6. All competitors must wear an RFID Bracelet (supplied by their School Team Manager)
The bracelets will be collected at the conclusion of the race.
7. No spectators are allowed on the racetrack at any time.
8. The first 15 boys and the first 15 girls in each event will be selected to represent IPSHA at the CIS Cross Country on Thursday 11th June at Eastern Creek Raceway from 12.00pm – 3.00pm
9. Protests must be made to the IPSHA Cross Country Convenor by the team manager at the Finish Line within ten minutes of the completion of the event concerned.
10. All decisions concerning team selection, unfair competition, cheating and failure to comply with the rules shall be decided by the carnival convenor.
11. **Best of luck to your school team and we hope that competitors, parents and spectators have a great day.**