



Co-Educational Anglican Schools Association
St Lukes Grammar School
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CASA SENIOR CROSS COUNTRY INFORMATION – 2025

DATE: Thursday 8th May 2025
GATES OPEN: 7:30 am
VENUE: Equestrian Centre, Horsley Park

Participating Schools

1. Macarthur Anglican School	2. St. Lukes Grammar School
3. Penrith Anglican College	4. Broughton Anglican College
5. The Illawarra Grammar School	6. Georges River Grammar School
7. Thomas Hassall Anglican College	8. Wollondilly Anglican College

Program Time

- 7:30-8:00 am: Schools to Arrive
- 8:00 am: Official Walk the course
- 8.45 am: Officials sign in
- 8.55 am: Officials move to stations.
- 9:10 am Final Announcements and official welcome

[Presentation of Ribbons will occur at the end of each race]

9:15 am	18 years boys 8000 metres	Red
9:20 am	18 years girls 6000 metres	Red
9:40 am	17 years boys 6000 metres	Green
9.45 am	17 years girls 4000 metres	Green
10.05 am	16 years boys 6000 metres	Orange
10.10 am	16 years girls 4000 metres	Orange
10.30 am	15 years boys 4000 metres	Silver
10:35 am	15 years girls 4000 metres	Silver
10:55 am	14 years boys 4000 metres	Pink
11.00 am	14 years girls 4000 metres	Pink

11.20 am	13 years boys 3000 metres	Yellow
11.25 am	13 years girls 3000 metres	Yellow
11.45 am	12 years boys 3000 metres	Blue
11:50 am	12 years girls 3000 metres	Blue

- o **Please note that event times are an approximate only and will not be accepted as any reason for a competitor failing to report to an event on time. Students should arrive at least one hour before their event – times are flexible.**

Team Changes

- o It is preferable to make any changes to team lists before the carnival.
- o On the day, please bring birth dates and years.
- o Use the replacement forms (emailed) – changes will be made during the first race with preference given to the older races first.

Competitor Numbers

- o To assist with the recording of results, could the Team Managers please write the athletes competitor number on the upper right arm of the athlete prior to their event.

Coloured Wrist Bands

- o Students will be given a coloured wrist band to wear during their event. These will be issued to competitors at the marshalling area once their age group has been called.
- o The colour of the wrist band that they will be allocated with will correspond with their age group. This process has been designed to assist both judges at the finishing line (place cards will also correspond to the wrist band colour) and check point assistants.

Recording Details

- o To allow greater flexibility, we will be recording and timekeeping our own carnival.
- o The top 12 finishers in each race will be given a time as they cross the line. Should students be interested in their time below these 12 places, they should be encourage to record their own on their watch (or have a parent do it on the sidelines)

- o As the competitors cross the finish line they will be given a card with their place printed on it.
- o All finishers will receive points for their school.
- o The first three (3) overall finishers in each division will receive a place ribbon.
Overall points for places will be awarded as follows:
 - 1st 50 points
 - 2nd 49 points
 - 3rd 48 points
 - 4th 47 points
 - 5th 46 points
 - 6th 45 points etc
 - 50th and below 1 point
- o All competitors must go to the recording table at the end of their event.
- o There will be two recording tables, one (1) boy and one (1) girl.

Selection of CASA Senior Team

- o The CASA Senior team will be selected from the first ten (10) overall finishers in each event.
- o This team will compete at the AICES Cross Country at Sydney International Equestrian Centre on Thursday 29th May.
- o At the AICES carnival there will be a teams event. Maximum 2 teams from each association per age group. The CASA teams will comprise the top 4 runners from schools based on their combined places/scores at CASA.
- o The winning teams at AICES will be selected to represent AICES at the CIS carnival.

Officials

- o To assist with the running of the carnival, each school will be required to provide three (3) officials as well as a Team Manager. They can be trusted senior students for check points unless indicated otherwise.
- o The officials in bold must be adults as they are at key points on the course. Please see your school's requirements below.

Official Duties

Check Point 1	SLGS
Check Point 2	WAC
Check Point 3	TIGS
Check Point 4	PAC
Check Point 5	TIGS
Check Point 6	THAC
Check Point 7	WAC
Check Point 8	GRG
Check Point 9	GRG
Check Point 10	STL
Check Point 11	BAC
Check Point 12	SLGS
Check Point 13	GRG
Check Point 14	BAC then PAC (Primary)
Check Point 15	BAC
Walk the Course	PAC, GRG, SLGS
Recording	THAC, PAC, THAC (Recording Assistant)
Announcer	MAS
Starter	WAC
Marshals	TIGS
Finishing Line/Place Getters	MAS
Timer	MAS
Meet Manager	MAS

Arrival Arrangements and Walk the Course

- o Please arrive from 7:30 am. There will be an official walk of the course at 8:10 am.
- o Staff and course officials will go to their locations by 8.55 am.

Refreshments

- o Sydney International Equestrian Centre will have canteen facilities open for food and refreshments throughout the day.
- o There will also be a coffee van, situated near the grandstand providing coffee and tea for parents and staff.
- o Course officials will be provided with LUNCH (A sandwich, piece of fruit, muffin, chocolate bar and water). This will be brought to you on the course.

Wet Weather

- o If, in exceptional circumstances, the Carnival is to be called off, it will be done so the day before.
- o Your school will be contacted. If you are **NOT** contacted, please assume that the Carnival is going ahead.
- o Come dressed warmly and advise your runners to warm up well before their race and stay warm afterwards.

Rules of Competition

1. Age groupings are based upon the age a child turns this year. A child is not permitted to compete out of his/her age group.
2. Spikes are not permitted. Running shoes must be worn by all competitors.
3. All competitors must wear their allocated colour wristband during their event.
4. No pushing, tripping or interference with other runners is allowed.
5. Asthma medication should be carried and taken during the race.
6. Any protests should be made to the Carnival Convener by the Team Manager within ten minutes of the event concerned.
7. No adults are permitted on the course during competition unless they are fulfilling an official role or accompanied by an official. Children will be disqualified if they are accompanied by adults during competition.
8. All decisions concerning team selection and unfair competition shall be made by Carnival Organiser, in consultation with CASA Sports Coordinators. Headmasters/Principals will be consulted if necessary.
9. Only first (1st) place for each race will receive an official time.