

1. CROSS COUNTRY AND LAP OF THE LAKE

1. Venue for the Cross Country is set by Damascus College and agreed to by BAS. The length being - 5000 metres for open and U/16 Boys all Girls and U/14 Boys events will race over 3000 metres.
2. The Lap of the Lake will start and finish at St Patrick's Boat Shed if suitable. Otherwise, a suitable start / finish line will be determined by the Executive Officer in conjunction with the host school. Lap of the Lake for Under 14 Boys and Girls will be 4000m, commencing at the 2 Km marker, finishing at St Patrick's Boat Shed. Boys and Girls Under 16 and Open will be 6km. Students will be transported to the 4km start from SPC Boat Shed.
3. Ages as from the 1st January of the current year.
4. Age groups - U/14, U/16 and Open.
5. Eight competitors per team with five places to score.
6. For senior / intermediate and juniors, boys and girls will start at the same time.
7. Lowest score wins - First home gets 1pt., Second gets 2 pts., etc.
8. Each school is to supply three officials for the events.

Lap of the Lake	-	one official will be involved in course supervision
	-	one official will act as a timer for an age group
	-	one official will be required to tally the scores for their school in each age group.
 Cross Country	-	 two officials will be involved in course supervision
	-	one official will be required to tally the scores for their school in each age group.
9. There is to be a Girls aggregate, Boys aggregate, Co-Educational shield and pennants will be awarded to each age division.
10. The Disputes Committee will comprise Headmaster, Headmistress or their representatives from each competing school.
11. The Lap of the Lake, and Road Relay will be run on afternoons midweek commencing after school hours. The Cross Country will start at a time that allows all competitors to complete the course in daylight - 3pm at the latest. (commencing 2010).

NB: Lap of the Lake; Start Marshalls are required to remind students to stay on the designated track for the duration of the run for the safety of the students and general public.