

## 11. CROSS COUNTRY AND LAP OF THE LAKE

1. Venue for the Cross Country is set by the host school (either Damascus College or Ballarat High School) and agreed to by BAS.  
5000 metres - Open and U/16 Boys  
3000 metres - All Girls and U/14 Boys
2. A suitable start / finish line for the Lap of the Lake 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 a designated 2 Km mark around the lake and finishing at the designated start / finish line. 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. Schools may apply to enter additional students in each event.
6. All Athletes will start at the same time for the Lap of the Lake.  
For Cross Country senior / intermediate and junior, 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 each event.  
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.

**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.**