

23. Cross Country

1. The Championships shall be held before the end of the Third Term.
2. Teams shall consist of not more than ten competitors per age group. The first six members to finish shall gain points. Each College shall field one team in each age group. Age groups shall be - Senior, Under 17, Under 16, Under 15, Under 14, Under 13.
- 3.1 The Carnival organiser will ensure that all Colleges will have an equal and fair opportunity at the race start and for the duration and finish of each race.
- 3.2 At the start, Division One and Two schools are to be lined up in two separate groups on the starting line with schools to be rotated within those groups one space after each race.
- 3.3 Should any student be found guilty of cheating or cutting off parts of the course the official protest committee shall have the power to add 50 points to the aggregate score total of the student's offending team.
- 4.1 The Phil Hackett Cup for Division One shall be presented to the College gaining least aggregate points. (26/11/07)
- 4.2 A Championship Cup for Division Two shall be presented to the College gaining least aggregate points from those Colleges.
- 5.1 The Brother Joseph Bouchard (Division One Senior) Perpetual Cup will be presented to the school gaining the least number of points for Division One in the Senior and U 17 divisions. The Division Two Senior Cup will be presented to the school gaining the least number of points for Division Two in Senior and U 17 divisions.
- 5.2 The Martin Hickey (Division One Intermediate) Perpetual Cup will be presented to the school gaining the least number of points for Division One in the U.16 and U.15 divisions. The Intermediate Division Two Cup will be presented to the school gaining the least number of points for Division Two in the U.16 and U.15 divisions.
- 5.3 The James Delahunt (Division One Junior) Perpetual Cup will be presented to the school gaining the least number of points in the U.14 and U.13 divisions. The Division Two Junior Perpetual Cup will be presented to the school gaining the least number of points for Division Two in the U.14 and U.13 divisions.
- 5.4 Medals shall be presented to the first three place getters in each age group, irrespective of division. These medals are presented in lieu of having no official records with Cross Country (18/11/11).
6. The Senior, Under 17 and Under 16 events will be contested over a course of 5000m. The Under 15, 14 and 13 events shall be contested over a course of 3000m
7. Starting times for events are to be determined by the carnival organiser:
8. In the case of any team not having a full team of six competitors finish the race, each non-competitor will be awarded the points of last place plus one point. For e.g. If there are 73 competitors in a race and one school has one competitor short, then that non-competitor will be allocated 74 points. The same points allocation would also apply if a team had two or more competitors short in that race. (6/6/08)

9. Competitors are not permitted to wear spikes.
10. No sports equipment (EG balls/bats) is allowed at the Cross Country and boys are to be instructed about this prior to the Carnival. (25/11/02)