

10. 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.
Commencing 2025:
5000 metres – Senior Boys and Girls
4000 metres – Intermediate Boys and Girls
3000 metres - Junior Boys and Girls
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 Junior Boys and Girls will be 4000m, commencing at a designated 2 km mark around the lake and finishing at the designated start / finish line. Inter and Senior Boys and Girls will be 6km. Students will be transported to the 4km start from the finish line.
3. Commencing 2024 Cross Country and Lap of the Lake divisions will be determined by a students Year Level. Students may only compete in their current or a higher division.
Tomato Timing will also be engaged to manage timing and scoring for both the Cross Country and lap of the Lake.
4. Age groups – Junior (Yrs 7&8), Intermediate (Yrs 9&10) and Senior (Yrs 11&12).
5. Up to fifteen students per school may compete in each division with only the first ten competitors per team recorded AND the first five places to score.
6. Start times will be staggered (30 sec intervals) for each division of both the Cross Country and Lap of the Lake. *Junior Boys will start first to avoid confusion re: 1 or 2 laps of the course.
7. Lowest score wins - First home gets 1pt., Second gets 2 pts., etc.
8. Each school is to supply two officials for each event.
Lap of the Lake
 - one official will be involved in course supervision
 - one official will be required to tally the scores for their school in each division.
Cross Country
 - two officials will be involved in course supervision
 - one official will be required to tally the scores for their school in each division.
9. There is to be a Girls aggregate, Boys aggregate, Co-Educational shield and pennants will be awarded to each division.
10. The Disputes Committee will comprise Headmaster, Headmistress or their representatives from each competing school.

11. The Lap of the Lake will be run on a Wednesday 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 (Steve Moneghetti TRACK) for the duration of the run for the safety of the students and general public.