



Hunter Region Independent Schools

29th Annual Cross Country Championships

Friday 3rd MAY 2019

Avondale College
582 Freemans Drive
Cooranbong NSW 2265

Competing Schools

Avondale School
Bishop Tyrrell Anglican College
Calrossy Anglican School
Central Coast Adventist School
Heritage College Lake Macquarie
Hunter Valley Grammar School
Lakes Grammar – An Anglican School
Macquarie College
Manning Valley Anglican College
Medowie Christian School
Newcastle Grammar School
Scone Grammar School
St Columba Anglican School
St. Philip's Christian College Cessnock
St. Philip's Christian College Gosford
St. Philip's Christian College Newcastle
St. Philip's Christian College Port Stephens



Hunter Region Independent Schools - 3/05/2019
Cross Country Championships
Avondale College - Cooranbong

Session: 1 HRIS Secondary Cross Country
Friday 3/05/2019 - Starts at 9:30am

Secondary Walk the Course
8.00AM - 3km and 6km 8.10AM – 4km

	Event	Round
9:30 AM	#1 Boys 18-19 6k Run CC	Finals
9:40AM	#2 Girls 18-19 4k Run CC	Finals
9:50 AM	#3 Boys 17 Year Olds 6k Run CC	Finals
10:00 AM	#4 Girls 17 Year Olds 4k Run CC	Finals
10:20 AM	#5 Boys 16 Year Olds 6k Run CC	Finals
10:30 AM	#6 Girls 16 Year Olds 4k Run CC	Finals
10:55 AM	#7 Boys 15 Year Olds 4k Run CC	Finals
11:00 AM	#8 Girls 15 Year Olds 4k Run CC	Finals
11:15 AM	#9 Boys 14 Year Olds 4k Run CC	Finals
11:25 AM	#10 Girls 14 Year Olds 4k Run CC	Finals
11:35 AM	#11 Boys 13 Year Olds 3k Run CC	Finals
11:50 AM	#12 Girls 13 Year Olds 3k Run CC	Finals
12:00 AM	#13 Boys 12 Year Olds 3k Run CC	Finals
12:10 PM	#14 Girls 12 Year Olds 3k Run CC	Finals

Secondary Presentation: 12.45PM to 1.10PM

Session: 2 HRIS Primary Cross Country
Friday 3/05/2019 - Starts at 1:30PM

Primary Walk the Course 12.45PM

	Event	Round
1:30 PM	#15 Boys 8 Year Olds 2000 Metre Run CC	Finals
1:40 PM	#16 Girls 8 Year Olds 2000 Metre Run CC	Finals
1:50 PM	#17 Boys 9 Year Olds 2000 Metre Run CC	Finals
2:00 PM	#18 Girls 9 Year Olds 2000 Metre Run CC	Finals
2:10 PM	#19 Boys 10 Year Olds 2000 Metre Run CC	Finals
2:20 PM	#20 Girls 10 Year Olds 2000 Metre Run CC	Finals
2.30 PM	#21 OPEN Athletes with a Disability 2000m	Finals
2:40 PM	#21 Boys 11 Year Olds 3k Run CC	Finals
2:50 PM	#22 Girls 11 Year Olds 3k Run CC	Finals
3:00 PM	#23 Boys 12-13 Year Olds 3k Run CC	Finals
3:10 PM	#24 Girls 12-13 Year Olds 3k Run CC	Finals

Primary Presentation: 3.50PM to 4.00PM



HUNTER REGION INDEPENDENT SCHOOLS – CODE OF CONDUCT

Listed below are the expectations of HRIS in terms of the Standard of conduct of all those participating at the activities of HRIS.

COACHES / MANAGERS

- Coaches should recognise that games are for enjoyment, and satisfaction comes from doing one's best for the team. Provided players feel they did their best on one day, there should be no recrimination in defeat.
- Coaches should develop in their players respect for the judgement of all officials.
- Coaching from the sidelines must be restrained. Managers and coaches should not encroach the field of play.
- Coaches are to accept player safety as an essential priority.
- It is an educational responsibility of coaches to acquaint their players thoroughly with the rules or laws of the game as these provide structure and order. For this reason, coaches should continually update their knowledge of the game.
- The role of the coach is to support and encourage the players. Criticism should be focused on the mistake and no personal derogatory remarks should be made.
- Any code of conduct of players or spectators in contravention of the Code of Conduct should be reported to the Sport Convenor, who will inform the Sport Committee in their next meeting.

PLAYERS

- Players must attend all matches, trials, training and meetings punctually.
- Players must wear appropriate team colours and apparel and correct footwear.
- Players must refrain from using offensive language on or off the field.
- Players must not talk back, or verbally abuse the referee or other game officials.
- Players MUST AT ALL TIMES play within the rules of the game. Fair play is to be encouraged. Rough play and/or tactics designed to upset the opposition are not acceptable. Deliberate fouling or provoking an opponent, or throwing equipment is not acceptable or permitted in any sport.
- Players must abide by the decision of the referee. Players are never right in expressing disapproval of a referee or umpire's decision.
- Players should display a sporting attitude and applaud all good play, whether from own team or the opposition.
- Players must treat all players as they would like to be treated. Players must not interfere with, bully or take unfair advantage of another player.
- Players are expected to be modest in success and generous in defeat, not showing in either case undue emotion in word or action.

SPECTATORS / PARENTS

1. Condemn all violent or illegal acts whether they are by players, coaches, officials, parents or spectators and respect good play on either team. Be courteous regardless of win, lose or draw.
2. Respect the Referee's decision. If you are the Team's Captain you may ask for clarification of a decision in a polite manner. Do not argue. The referee's decision will be final!
3. Do not become involved in acts of foul play such as bad language, harassment or aggressive behaviour as such behaviour is unsportsmanlike and will not be tolerated both on and off the field.

4. Encourage all players' efforts to play by the rules and to live up to the highest ideals of ethics and sportsmanship and encourage players to have a common respect for each other regardless of which team.
5. Do not engage in disrespectful conduct including profanity, sledging, obscene gestures, offensive remarks, trash-talking, taunting or other actions that are demeaning to the players, students or attending staff.
6. Participate in positive cheering that encourages all players; do not engage in cheering that taunts or intimidates players, students or attending staff.
7. At all times follow the directions of the host school's staff in charge of the games.
8. Do not arrive at the venue under the influence of alcohol or illegal substances.
9. Recognise the school's coaches, referees and other volunteers give up their time to provide assistance. Treat them with the utmost respect.
10. Remember the players on both teams participate for their own enjoyment and not that of the spectators.
11. Inappropriate actions that affect performance of athletes either giving advantage to one or disadvantaging others will potentially cause the child to be disqualified. For example pacing a child in cross country.

Penalties are in place for contravening the above rules. In the first instance the behaviour will be reported to the host team's officials and notes made. Should the inappropriate behaviour continue the offender will be asked to immediately leave the venue. The convenor will contact the Police if the instruction to leave is not heeded. The bad behaviour will be reported to the relevant hosting school and to the other teams' schools. Barring of the individual or individuals involved to future fixtures will be considered.



*Building a
Cancer Smart
Community*

This event is supported by the Cancer Council of NSW as a Smoke Free Event and Venue

Carnival Executive

Cross Country Convenor:	Mr K Tosen (AVON)
Primary Chairman:	Mr A Burgess (HVGS)
Secondary Chairman:	Mr A Burgess (HVGS)
Recorder:	Mrs M Jasper (SPCCN)
Judge/Timekeepers:	Mr A Burgess (HVGS)
Chief Course Marshall:	Mr B Ward (AVON)
HRIS Selectors:	Mr K Tosen (AVON)
	Mrs M Jasper (SPCCN)



Acknowledgments

As Convenor I wish to pass on my sincere thanks to the following:

To the staff of Avondale College for allowing HRIS to use their wonderful Facility

To the Sports Coordinators and staff from our Schools for providing Officials

To all the competitors for competing in the true spirit of HRIS Sport

Further Information

Following these championships the Hunter Region Independent Schools Cross Country teams will be selected.

The Secondary team will consist of Ten (10) competitors per age group that will compete at the Association of Co-Education Schools (AICES) Championships on Tuesday 4th June 2019 at Sydney International Equestrian Centre Saxony Road, Horsley Park.

Each School Age Champion Team will also compete - maximum 2 teams per age group.

The Primary team will consist of fifteen (15) competitors per age group will compete at the New South Wales Combined Independent Schools (NSW CIS) Championships on Thursday 13th June 2019 at Eastern Creek International Raceway. **Each School Age Champion Team will also compete - maximum 2 teams per age group.**

For all HRIS team members I recommend viewing the NSW Combined Independent Schools Sports Council website. The Cross Country site is continually updated and a news section that contains important information and helpful hints in the lead up to the NSW CIS Championships.

<https://www.revolutionise.com.au/nswcis/home/>

<http://www.hris.org.au>