

The 58th annual ACC Cross Country



30 May 2024

Perry Lakes Reserve



Town of
Cambridge

CAR PARKING

P Car parking is available in the following areas:

- car park behind the YMCC hockey clubrooms (before 9:15 am)
- temporary grass car park off Alderbury St.
- marked areas on the streets east & south of Alderbury St.
- Floreat Sport Precinct - off Ulster Road, Chandler Ave.
- Mt Claremont Sport Precinct – off Underwood Ave / Stephenson Ave.

P Car Parking is NOT allowed in the following areas:

- entrance road to the YMCC Clubrooms car park after 9:15 am.
- pickup/drop off bus zones on Alderbury St and Perry Lakes Drive.
- Bold Park car parks off the west side of Perry Lakes Drive (Tuart & Camel Lake)
- WA Ecology Centre and Perry House car parks off Perry Lakes Drive.
- Perry Lakes Drive in the vicinity of the skate park.

AGE CLASSIFICATIONS

Students competing in ACC sport must be secondary school students and under 19 years of age at 31st December. Age group categories for Boys and Girls are: U13, U14, U15, U16 and U19.

All ACC carnivals use the cut-off date **30th June** for age group classifications, in line with school year group ages.

Competitors are permitted to compete in *one* age group only.

MAXIMUM NUMBER OF COMPETITORS

A maximum of 6 competitors per gender and age group may run for each school.

Exceptions are made as follows:

- *In U19 age events a maximum of 8 runners per gender may compete.*
- *Multi-Class/Inclusive runners do not count towards a team's maximum number.*

PROGRAM OF EVENTS

EVENT	GENDER	AGE	MARSHAL	START	CUT-OFF TIME
1	Girls	U19	09:10 am	09:30 am	9:55 am
2	Boys	U19	09:35 am	09:55 am	10:18 am
3	Girls	U16	10:00 am	10:20 am	10:45 am
4	Boys	U16	10:25 am	10:45 am	11:08 am
5	Girls	U15	10:50 am	11:10 am	11:35 am
6	Boys	U15	11:15 am	11:35 am	11:58 am
7	Girls	U14	11:40 am	12:00 pm	12:20 pm
8	Boys	U14	12:00 pm	12:20 pm	12:38 pm
9	Girls	U13	12:20 pm	12:40 pm	1:00 pm
10	Boys	U13	12:45 pm	1:05 pm	1:23 pm

NB: Multi-Class/Inclusive students will compete within their age/gender category, unless advised otherwise.

CLEAN UP 1:25 – 1:45 pm

PRESENTATIONS 1:45 – 2:15 pm

NB: Start times for events are approximate and may vary slightly on the day.

Course Route



U13 & U14
age groups
run 3km.

U15, U16 & U19
run 4km.

- Numbers 1-26 refer to Station Officials locations.
- Standard course markers are red poles and orange road cones, with the 3km reduction marked in blue poles. Runners must keep all course markers to their left.
- The course is within the confines of the Perry Lakes area and crosses only internal roads.
- All genders run the same route. U13 & U14 run 3km; this course reduction is from stations 7-9.
- This map is only a guide; the course route will be clearly marked on the day.
- Where possible the route closely follows boundaries such as the lakes and log fences.
- Schools should endeavor to familiarize their competitors / officials with the course route.

Start and Finish Areas



**Officials
Check In &
Competitor
Changes**

- | | |
|--|---------------------------------------|
| ◆ · → Marshal line with school names | ●—● Finish line & Arch |
| ●—● Start line | T Blue Chip Timing |
| --- Course markers (red poles/cones):
to be on runners left | R Blue Chip Results Display |
| → Direction of runners | ☐ Medallion Dais / Recorders Tent |
| ⋯ Rope/Bunting (do not cross) | 🎤 Announcer |
| — Crowd Control Barriers (do not cross) | 🚚 FitStop Food Trucks |
| ✉ School Supplied Marquees | ⊙ Light tower |
| ✉ Hire Marquees | ✚ First Aid Tent |
| 🏠 Club rooms
Officials / Team Changes / Results | → Bus direction: Pick up/Drop off |
| | A Ambulance/Truck Access (keep clear) |

Note: Footballs/ soccer balls etc. are banned in all areas.
The Basketball court and Skate Park off Perry Lakes Drive are out of bounds.
Climbing of trees, hockey goals, marquees and buildings is prohibited.

Participating Schools		CODE	START LINE POSITION
Marshalling Marquee 1	Alkimos Baptist College	AKB	19
	All Saints' College	ASC	33
	Aranmore Catholic College	ARA	45
	Austin Cove Baptist College	ACB	60
	Bunbury Grammar School	BCG	55
	Carey Baptist College (F)	CRF	69
	Carey Baptist College (H)	CRH	10
	Carmel School	CAR	24
	CBC Fremantle	CBC	13
	Chisholm College	CHI	7
	Corpus Christi College	COR	17
	Court Grammar School	CGS	41
	Dale Christian School	DCS	39
	Edmund Rice College	ERC	76
	Ellenbrook Christian CS	ELL	4
	Emmanuel Catholic College	ECC	9
	Emmanuel Christian CS	ECS	20
	Foundation Christian College	FCC	53
	Frederick Irwin AS	FIA	18
	Fremantle Christian College	FRE	15
	Geraldton Christian College	GCC	30
	Geraldton Grammar School	GGG	25
	Grace Christian School	GCS	43
Guildford Grammar School	GUI	11	
Helena College	HEL	29	
Heritage College	HCP	36	
Holy Cross College	HCC	54	
Immaculate Heart College	IHC	5	
Marshalling Marquee 2	International School WA	IWA	73
	Irene McCormack CC	IMC	21
	John Paul College	JPC	31
	John Septimus Roe ACS	JSR	37
	John Wollaston ACS	JWS	44
	John XXIII College	JTC	2
	Kennedy Baptist College	KBC	12
	Kingsway Christian College	KCC	68
	Kolbe Catholic College	KOL	47
	La Salle College	LSC	35
	Lake Joondalup BC	LJB	23

1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35	36	37	38	39
STJ	JTC	MBC	ELL	IHC	SHC	CHI	SJN	ECC	CRH	GUI	KBC	CBC MER	PRO	FRE	LCC	COR	FIA	AKB	ECS	IMC	TRA	LJB	CAR	GGG	NEW	SAG	PCA	HEL	GCC	JPC	SSD	ASC	SAL	LSC	HCP	JSR	PMA	DCS

	Participating Schools	CODE	START LINE POSITION
Marshalling Marquee 2	Living Waters LC	LWL	49
	Lumen Christi College	LCC	16
	Mandurah Baptist College	MBC	3
	Mandurah Catholic College	MDC	65
	Mater Dei College	MCC	72
	Mazenod College	MAZ	48
	Mercedes College	MER	13
	Mercy College	MCY	61
	Mother Teresa CC	MTC	67
	Mundaring Christian College	MUN	75
	Nagle Catholic College	NAG	46
	Newman College	NEW	26
	Peter Carnley ACS	PCA	28
Marshalling Marquee 3	Peter Moyes ACS	PMA	38
	Prendiville Catholic College	PRE	58
	Providence Christian College	PRO	14
	Quinns Baptist College	QBC	63
	Rehoboth Christian College	RCC	42
	Sacred Heart College	SHC	6
	Salvado Catholic College	SAL	34
	Servite College	SER	40
	Seton Catholic College	SET	71
	South Coast Baptist College	SCB	56
	St Andrew's Grammar	SAG	27
	St Brigid's College	SBC	48
	St George's AGS	STG	59
	St James' Anglican School	STJ	1
	St John Bosco College	SJB	52
	St Joseph's School	SJN	8
	St Mark's ACS	SMK	70
	St Mary MacKillop College	MAK	74
	St Norbert College	SNC	50
	St Stephen's School (C)	SSC	62
	St Stephen's School (D)	SSD	32
	Swan Christian College	SWA	51
	Swan Valley ACS	SVA	66
	The King's College	TKC	64
	Tranby College	TRA	22
	Ursula Frayne CC	UFC	57

38	39	40	41	42	43	44	45	46	47	48	49	50	51	52	53	54	55	56	57	58	59	60	61	62	63	64	65	66	67	68	69	70	71	72	73	74	75	76
PMA	DCS	SER	CGS	RCC	GCS	JWS	ARA	NAG	KOL	MAZ SBC	LWL	SNC	SWA	SJB	FCC	HCC	BCG	SCB	UFC	PRE	STG	ACB	MCY	SSC	QBC	TKC	MCC	SVA	MTC	KCC	CRF	SMK	SET	MDC	IWA	MAK	MUN	ERC

MARSHALLING

Each school is designated a particular place within the Marshalling Marquees to register their competitors prior to their events. To assist with the process each school must have a team liaison person with their runners at the marshaling area; this can be a staff member or competent senior student. Refer to the location of the Marshalling Marquees on the *Start and Finish Areas* map, and to the diagram below indicating each school's designated check-in place within the marquees. Note: 1 - 27 below refer to the Marshal number.

CHI	FIA	IHC	KCC	MDC	PCA	SET	MAK	UFC
3 CAR	6 FCC	9 HCC	12	15	18	21 SER	24 SMK	27 TRA
CRH	ECS	HCP	KBC	MCC	NEW	SAL	SJN	TKC
CRF	ELL	HEL	JWS	MBC	NAG	SHC	SJB	SWA
2 BCG	5 ERC	8 GUI	11 JPC	14 LCC	17 MTC	20 RCC	23 STJ	26
ACB	DCS	GGG	IMC	LWL	MAZ	QBC	SBC	SSD
ARA	CGS	GCS	JTC	LJB	MUN	PRO	STG	SVA
1 ASC	4 COR	7 GCC	10 JSR	13 LSC	16 MCY	19 PRE	22 SAG	25 SSC
AKB	CBC	FRE	IWA	KOL	MER	PMA	SCB	SNC

Marquee 1

Marquee 2

Marquee 3

competitor movement



EVENT RULES

Event rules are as per IAAF cross country running rules, except where stated otherwise.

DRESS

Competitors are to be attired in their school's athletic/cross country or physical education uniform.

- Footwear is compulsory. Spikes are not to be worn.
- Music devices and headphones are not to be worn while competing.
- Timing chips must be worn and correctly fitted. It is the school's responsibility to ensure that competitors are wearing their correct chip number.

GENERAL

- **START:** At the start line, runners are positioned in pairs (2 behind 2) with the best runners at the front. The starter's command will be "*take your marks*" followed by an air horn start signal.
- **RESULTS/PLACES:** All runners are automatically timed and placed by the timing system when they cross the finish line.
- The first 5 runners in each race are also manually timed, placed and recorded.
- A competitor who does not cross the finish line unaided will not receive an official time, place or score. Runners that do not finish the race will be listed as DNF in the results.
- Course officials have the power to disqualify students who choose to walk the course and are without the desire or fitness to complete the course as a run. These students may be directed back to their team area without finishing.

EVENT DISTANCES & RACE CUT-OFF TIMES

Girls	U13 & U14 age categories	3000m	20 minutes
Boys	U13 & U14 age categories	3000m	18 minutes
Girls	U15, U16 & U19 age categories	4000m	25 minutes
Boys	U15, U16 & U19 age categories	4000m	23 minutes

A chime will sound at the designated cut-off time to signal that the recording of race results has finished. Runners will still be allowed to complete the course and receive a finish time; however, they will not score an official result.

NB: There is to be no coaching of athletes while they are competing.



RESULTS

All results will be available online at

- <https://www.accsport.asn.au/carnivals/cross-country/results/2024>
- Blue Chip Website - <https://bluechipresults.com.au/results.aspx?CId=11&RId=1741>
- Live Leader Board - <https://bluechipresults.com.au/live.aspx?CId=11&RId=1741>

Leaderboard



Blue Chip Results



TROPHIES & AWARDS

Competitors represent their school as an individual and as part of a team.

Medallions are awarded for individual competitors as follows:

- 1st, 2nd, and 3rd place getters in each event
- 1st place getter in Inclusive events (not disability specific)

Trophies are awarded in the following 13 categories:

U13 Boys	U14 Boys	U15 Boys	U16 Boys	U19 Boys	Aggregate Boys	Combined Aggregate
U13 Girls	U14 Girls	U15 Girls	U16 Girls	U19 Girls	Aggregate Girls	

To qualify for these 13 team trophies a school must have a minimum of 3 runners who successfully complete the course within the cut-off time, in each event within the trophy category. The first three places gained by an individual school, in each gender age group event, count towards these team trophies.

Schools with a year 7-12 student population under 500 can compete for shields in 2 additional categories:

Sub-500 Junior Aggregate (U13-U15)

Sub-500 Senior Aggregate (U16-U19)

To qualify for these 2 team trophies a school must have a minimum of 2 runners who successfully complete the course within the cut-off time, in each event within the trophy category. The first two places gained by an individual school, in each gender age group event, count towards these 2 team trophies.

In the case of a 'draw', the trophy will be shared.

Multi-Class/Inclusive competitors only score points for their school in the main trophy categories if they are in the top three finishers for their school and finish inside the cut off time. The Multi-Class/Inclusive events are separate events.

The first five place-getters in each gender age group will be selected in the ACC All Stars Cross Country Team.

The first two classified Multi Class competitors in each gender age group, with positions determined using Athletics Australia's Baseline Scoring template, will also be selected in the ACC All Stars Cross Country Team.

Those who achieve ACC All Stars will receive a certificate and an 'All Stars' pin to acknowledgment this achievement.





WALLY'S
TACOS

BOOST



THE MILKY MONSTER



ACC All Stars Cross Country 2023

U/13 Girls

1	Mia Shelley	Peter Moyes ACS
2	Ava Brennan	Sacred Heart
3	Tori Stancombe	Mater Dei College
3	Charlotte Cousin	Guildford Grammar
5	Charlotte Hayward	Helena College

U/13 Boys

1	Jaison Jaschinsky	Irene McCormack
2	Austin Saratsis	All Saints'
3	Keiran Smith	Seton Catholic
4	Tighe Wynne	Irene McCormack
5	Cooper Hart	Guildford Grammar

U/14 Girls

1	Lia Watters	St George's AGS
2	Abbey Dunseath	Mandurah Catholic
3	Olivia Smith	All Saints' College
4	Lucia Anderson	Kolbe Catholic
5	Ilana Tomassi	Kolbe Catholic

U/14 Boys

1	Sam O'Brien	Sacred Heart
2	Zac Scrivens	Lake Joondalup
3	Samuel Sissay	Kingsway
4	Grayson Brydon	Irene McCormack
5	Jude Pitcher	Corpus Christi

U/15 Girls

1	Emily Anderson	Guildford Grammar
2	Olivia McCay	Emmanuel Catholic
3	Keira Patterson	Lake Joondalup BC
4	Sasha Pallis	John XXIII College
5	Olivia Hildebrandt	Newman College

U/15 Boys

1	Barnaby Lancaster-Simper	St James'
2	Eli Saratsis	All Saints'
3	Max Buiks	Corpus Christi
4	Tomas Avecilla Puelba	Sacred Heart
5	Cohen Pressley	St Mark's ACS

U/16 Girls

1	Danielle Graham	Peter Moyes ACS
2	Madeline Taylor	International School
3	Madison Scholes	Quinns Baptist
4	Beth Kilgallon	Peter Moyes ACS
5	Nicole Chamberlain	Geraldton Grammar

U/16 Boys

1	Matthew Dodds	Sacred Heart
2	Noah McEntee	Sacred Heart
3	George Holmes	St James'
4	Werner Oosthuizen	Austin Cove
5	Jacob Rowland	CBC Fremantle

U/19 Girls

1	Charli-Rose Carlyon	St Mark's ACS
2	Lyla Stewart	John XXIII College
3	Mia Conroy	Irene McCormack
4	Christi Bestry	Geraldton Grammar
5	Hannah Doyle	Mercedes College

U/19 Boys

1	Ky Hehir	CBC Fremantle
2	Darren Fernandez	Corpus Christi
3	Bailey Taig	Quinns Baptist
4	Andrew Hellbusch	Providence
5	Jamie Deane	Peter Moyes ACS

Multi-Class

1	Rebekah Fraser	Rehoboth	Girls	U15	T38
1	Josh Reeve	Quinns	Boys	U19	T01
1	Deacon Ayres	Seton	Boys	U19	T37

HISTORY OF RESULTS

A History of Results of the ACC Cross Country carnivals from 1966 to 2023 can be viewed on the ACC website. Scanning this QR code will take you there.

Results History



Sacred Heart College
2023 Cross Country Champion School

2023 Trophy Winners

Girls U/13	Sacred Heart College
Boys U/13	Irene McCormack CC
Girls U/14	Kolbe Catholic College
Boys U/14	CBC Fremantle
Girls U/15	John XXIII College
Boys U/15	St Mark's ACS
Girls U/16	Peter Moyes ACS
Boys U/16	Sacred Heart College
Girls U/19	John XXIII College
Boys U/19	Sacred Heart College
Girls Aggregate	Peter Moyes ACS
Boys Aggregate	Sacred Heart College
Overall Aggregate	Sacred Heart College





***Sport in the
right spirit***