

# *The 57<sup>th</sup> annual ACC Cross Country*



**1 June 2023**  
**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.
- Competitors are permitted to compete in an age group above their actual age group, provided the school has notified the ACC that they are doing so.

## MAXIMUM NUMBER OF COMPETITORS

A maximum of 6 competitors per gender age group may run for each school. More students can be nominated for the carnival but only 6 per gender age group may compete. Reserves can be added using an unassigned chip if one is available.

*Exceptions are made for the U19 age category and for Multi-Class/Inclusive competitors as follows:*

- *A maximum of 8 runners may compete per gender in the U19 age events.*
- *Multi-Class/Inclusive runners do not count in the tally of allowed runners per school.*

# PROGRAM OF EVENTS

EVENT	GENDER	AGE	MARSHAL	START	CUT-OFF TIME
1	Girls	U13	09:10 am	<b>09:30 am</b>	9:50 am
2	Boys	U13	09:35 am	<b>09:55 am</b>	10:13 am
3	Girls	U14	09:54 am	<b>10:14 am</b>	10:34 am
4	Boys	U14	10:15 am	<b>10:35 am</b>	10:53 am
5	Girls	U15	10:34 am	<b>10:54 am</b>	11:19 am
6	Boys	U15	11:00 am	<b>11:20 am</b>	11:43 am
7	Girls	U16	11:24 am	<b>11:44 am</b>	12:09 pm
8	Boys	U16	11:50 am	<b>12:10 pm</b>	12:33 pm
9	Girls	U19	12:14 pm	<b>12:34 pm</b>	12:59 pm
10	Boys	U19	12:40 pm	<b>1:00 pm</b>	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.**

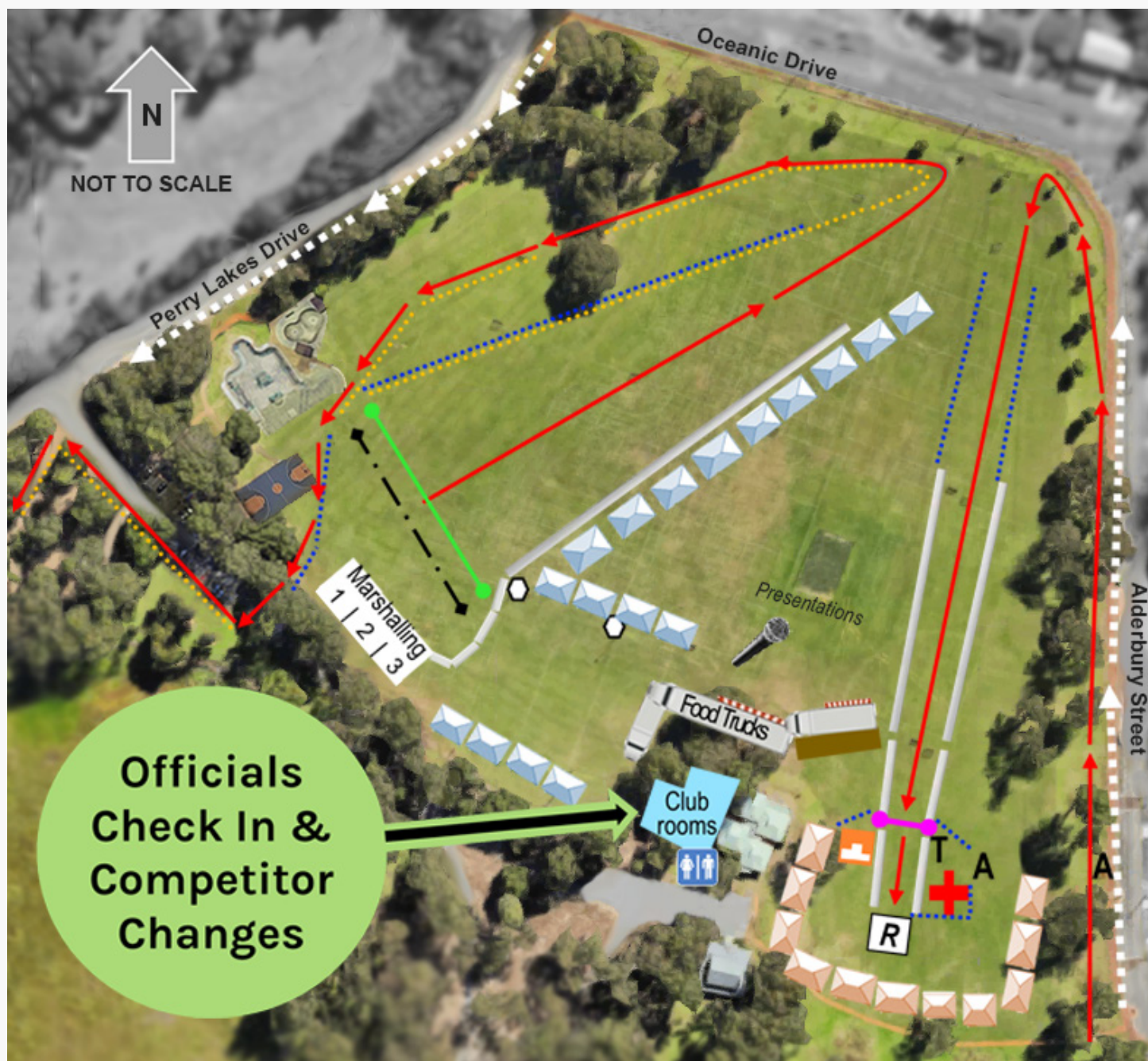


# Course Route



- 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



- |  |  |
|--|--|
| <ul style="list-style-type: none"> <li>◆ · —◆ Marshal line with school names</li> <li>● —● Start line</li> <li>● ● ● Course markers (red poles/cones):<br/>to be on runners left</li> <li>→ Direction of runners</li> <li>● —● Finish line &amp; Arch</li> <li>— Crowd Control Barriers (do not cross)</li> <li>✉ School Supplied Marquees</li> <li>✉ Hire Marquees</li> <li>Club rooms Officials / Team Changes</li> <li>✚ First Aid</li> </ul> | <ul style="list-style-type: none"> <li>Medallion Dais / Recorders Tent</li> <li>Announcer</li> <li>FitStop Food Trucks</li> <li>Light tower</li> <li>Bus direction: Pick up/Drop off</li> <li>A Ambulance/Truck Access (keep clear)</li> <li>..... Rope/Bunting (do not cross)</li> <li>T Blue Chip Timing</li> <li>R Blue Chip Results Display</li> </ul> |
|--|--|

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
<b>Marshalling Marquee 1</b>	Alkimos Baptist College	AKB	32
	All Saints' College	ASC	40
	Aranmore Catholic College	ARA	76
	Austin Cove Baptist College	ACB	39
	Bunbury Grammar School	BCG	67
	Carey Baptist College (F)	CRF	57
	Carey Baptist College (H)	CRH	45
	Carmel School	CAR	79
	CBC Fremantle	CBC	29
	Chisholm College	CHI	60
	Corpus Christi College	COR	55
	Court Grammar School	CGS	12
	Dale Christian School	DCS	27
	Emmanuel Catholic College	ECC	65
	Emmanuel Christian CS	ECS	36
	Foundation Christian College	FCC	24
	Frederick Irwin AS	FIA	2
	Fremantle Christian College	FRE	63
	Geraldton Christian College	GCC	37
	Geraldton Grammar School	GGs	71
	Grace Christian School	GCS	15
	Guildford Grammar School	GUI	18
	Helena College	HEL	72
	Heritage College	HCP	23
	Holy Cross College	HCC	10
	Immaculate Heart College	IHC	19
<b>Marshalling Marquee 2</b>	International School WA	IWA	51
	Irene McCormack CC	IMC	59
	John Paul College	JPC	53
	John Septimus Roe ACS	JSR	28
	John Wollaston ACS	JWS	66
	John XXIII College	JTC	33
	Kennedy Baptist College	KBC	54
	Kingsway Christian College	KCC	38
	Kolbe Catholic College	KOL	68
	La Salle College	LSC	78
	Lake Joondalup BC	LJB	73
	Living Waters LC	LWL	25

1	2	3	4	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	40
MCC	FIA	NEW	SSC	PRE	SWA	MDC	STJ	HCC	SCB	CGS	SHC	SNC	GCS	NAG	SJB	GUI	IHC	MAK	MAZ	SJN	HCP	FCC	LWL	MCY	DCS	JSR	CBC	MBC	QBC	AKB	JTC	UFC	PCA	ECS	GCC	KCC	ACB	ASC



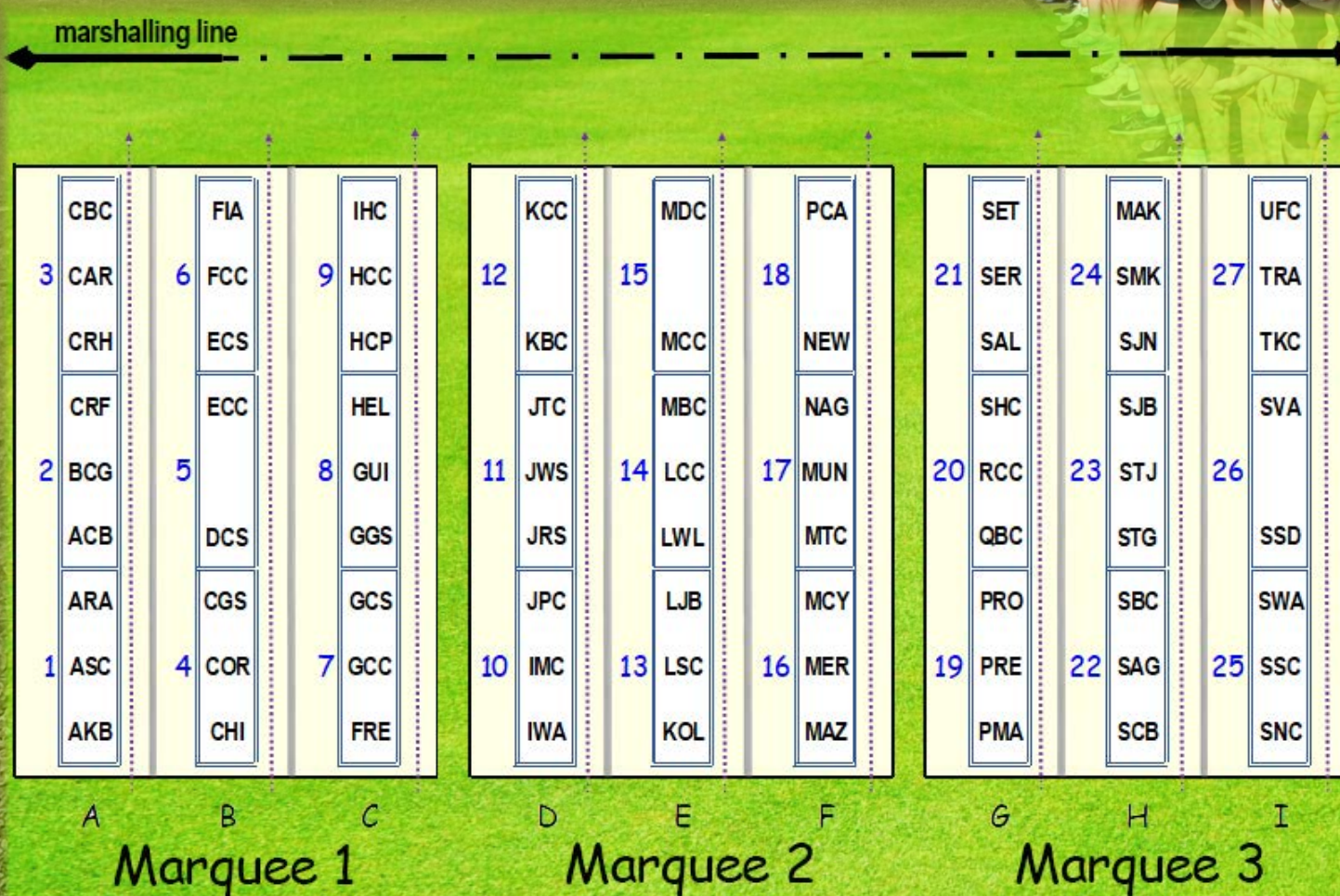
	Participating Schools	CODE	START LINE POSITION
<b>Marshallling Marquee 2</b>	Lumen Christi College	LCC	50
	Mandurah Baptist College	MBC	30
	Mandurah Catholic College	MDC	1
	Mater Dei College	MCC	8
	Mazenod College	MAZ	21
	Mercedes College	MER	77
	Mercy College	MCY	26
	Mother Teresa CC	MTC	56
	Mundaring Christian College	MUN	43
	Nagle Catholic College	NAG	16
	Newman College	NEW	3
	Peter Carnley ACS	PCA	35
<b>Marshallling Marquee 3</b>	Peter Moyes ACS	PMA	41
	Prendiville Catholic College	PRE	6
	Providence Christian College	PRO	64
	Quinns Baptist College	QBC	31
	Rehoboth Christian College	RCC	62
	Sacred Heart College	SHC	13
	Salvado Catholic College	SAL	42
	Servite College	SER	74
	Seton Catholic College	SET	48
	South Coast Baptist College	SCB	11
	St Andrew's Grammar	SAG	44
	St Brigid's College	SBC	70
	St George's AGS	STG	46
	St James' Anglican School	STJ	9
	St John Bosco College	SJB	17
	St Joseph's School	SJN	22
	St Mark's ACS	SMK	58
	St Mary MacKillop College	MAK	20
	St Norbert College	SNC	14
	St Stephen's School (C)	SSC	4
	St Stephen's School (D)	SSD	49
	Swan Christian College	SWA	7
	Swan Valley ACS	SVA	47
	The King's College	TKC	75
	Tranby College	TRA	61
	Ursula Frayne CC	UFC	34

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	77	78	79
PMA	SAL	MUN	SAG	CRH	STG	SVA	SET	SSD	LCC	IWA		JPC	KBC	COR	MTC	CRF	SMK	IMC	CHI	TRA	RCC	FRE	PRO	ECC	JWS	BCG	KOL		SBC	GGS	HEL	LJB	SER	TKC	ARA	MER	LSC	CAR



# 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.



1 - 27 = Marshal & Table #

.....→ = Competitor movement



[instagram.com/accsport1](https://www.instagram.com/accsport1) #accsport





## 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 bibs must be worn and correctly fitted. Schools must send a team liaison person with each group of runners when they report to the marshalling area to ensure that timing bibs are correctly allocated and fitted.

### 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 a hooter 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.

A promotional banner for the ACC Sports Cross Country 2023 event. The banner features a black background with a diagonal split. The left side shows a group of young athletes in blue and yellow uniforms running on a grassy field. The right side is black with white and teal text. The text includes 'ACC SPORTS' in teal, 'CROSS COUNTRY' in large teal letters, 'CATCH IT LIVE ON STREAMER' in white, '1 JUNE 2023' in white, '9:30 AM - 1:30PM' in white, '2023' in large white letters, 'LIVE STREAM' in white on a teal background, a QR code, and 'SCAN ME' with a smartphone icon. The Streamer logo is in the bottom left corner.

ACC SPORTS

# CROSS COUNTRY

CATCH IT LIVE ON  
STREAMER

1 JUNE 2023  
9:30 AM - 1:30PM

2023

LIVE STREAM

SCAN ME

Streamer

## RESULTS

All results will be available online at

- <https://www.accsport.asn.au/carnivals/cross-country/results/2023>
- Blue Chip Website - <https://bluechipresults.com.au/results.aspx?CId=11&RId=1631>
- Live Leader Board - <https://bluechipresults.com.au/live.aspx?CId=11&RId=1631>
- The ACC Sport App.





## TROPHIES & AWARDS

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

Medallions are awarded for individual competitors as follows:

- 1<sup>st</sup>, 2<sup>nd</sup>, and 3<sup>rd</sup> place getters in each event
- 1<sup>st</sup> 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
U13 Girls	U14 Girls	U15 Girls	U16 Girls	U19 Girls	Aggregate Girls	Aggregate

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

To qualify for the 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 the team trophies.

*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 are selected in the ACC All Stars Cross Country Team and are presented with a certificate and an 'All Stars' pin to acknowledgment this achievement.

Multi Class competitors must be "classified" to be eligible for selection in the ACC All Stars team.



[instagram.com/accsport1](https://www.instagram.com/accsport1) #accsport





WALLY'S  
TACOS



**BOOST**



**THE MILKY MONSTER**





# ACC All Stars Cross Country 2022

## U/13 Girls

1	Nieve Tierney	Mandurah Baptist	11:28.17
2	Olivia Smith	All Saints'	11:38.18
3	Lucia Anderson	Kolbe	11:42.58
3	Ilana Tomassi	Kolbe	11:47.25
5	Lia Watters	St George's	11:49.67

## U/13 Boys

1	Samuel O'Brien	Sacred Heart	10:31.90
2	Grayson Brydon	Irene McCormack	10:35.90
3	Xavier Allen	Court Grammar	10:37.15
4	Jesse Whyte	St Stephen's (D)	10:39.83
5	Thomas Davey	Mazenod	10:47.32

## U/14 Girls

1	Lyla Stewart	John XXIII	10:37.95
2	Sasha Pallis	John XXIII	10:59.07
3	Georgia Candy	La Salle	11:35.56
4	Olivia Hilderbrandt	Newman	11:39.80
5	Olivia McCay	Emmanuel CC	11:41.84

## U/14 Boys

1	Barnaby Lancaster-Simper	St James'	09:43.51
2	Max Buiks	Corpus Christi	09:43.93
3	Albert Turner	Mandurah CC	09:58.31
4	Noah Boruff	John XXIII	10:05.61
5	Connor O'Byrne	St Norbert	10:09.07

## U/15 Girls

1	Danielle Graham	Peter Moyes	14:29.72
2	Isabella Bidesi	Bunbury Grammar	14:54.93
3	Madison Scholes	Quinns	15:00.97
4	Maddy Taylor	International WA	15:05.88
5	Beth Kilgallon	Peter Moyes	15:22.70

## U/15 Boys

1	Matthew Dodds	Sacred Heart	13:21.27
2	Benjamin Patterson	Lake Joondalup	13:33.65
3	Jacob Andrews	St Norbert	13:52.14
4	Ciaran Doyle	John XXIII	13:57.16
5	George Holmes	St James'	13:57.96

## U/16 Girls

1	Christi Bestry	Geraldton Grammar	15:13.43
2	Ella Matthews	Seton	15:39.09
3	Pyper Warren	Mandurah Catholic	15:51.09
4	Chloe Reeve	Quinns	15:51.33
5	Lily Parker	St Joseph's School	16:30.25

## U/16 Boys

1	Declan Somers	Mandurah CC	12:37.89
2	Dante Armstrong	Irene McCormack	12:43.36
3	Luke Thompson	Lake Joondalup	12:56.68
4	Lachlan Scanlan	Mazenod	13:29.93
5	Andrew Hellbusch	Providence	13:37.87

## U/19 Girls

1	Ashleigh Candy	La Salle	14:06.63
2	Charli-Rose Carlyon	St Mark's	14:15.94
3	Elizabeth Edwards	John XXIII	14:17.17
4	Madelyn Luscombe	Quinns	15:21.29
5	Mia Conroy	Irene McCormack	15:34.19

## U/19 Boys

1	Darren Fernandez	Corpus Christi	12:23.42
2	Ky Hehir	CBC Fremantle	12:42.68
3	Nathan Taylor	International WA	13:16.52
4	James Hart	Newman	13:41.85
5	Daniel Stewart	Kennedy	13:48.96

## Multi-Class

1	Reese Prior	Mater Dei	Girls	U16	T38	20:47.90
1	Josh Reeve	Quinns	Boys	U16	T01	14:11.94
1	Deacon Ayres	Seton	Boys	U16	T37	22:30.12



# HISTORY OF RESULTS

A History of Results of the ACC Cross Country carnivals from 1966 to 2022 can be viewed on the ACC website. Scanning this QR code will take you there.

*Results History*



## 2022 Trophy Winners

Girls U/13	St Brigid's College
Boys U/13	Sacred Heart College
Girls U/14	John XXIII College
Boys U/14	John XXIII College
Girls U/15	Peter Moyes ACS
Boys U/15	Lake Joondalup Baptist College
Girls U/16	Sacred Heart College
Boys U/16	Providence Christian College
Girls U/19	John XXIII College
Boys U/19	John XXIII College
Girls Aggregate	John XXIII College
Boys Aggregate	John XXIII College
Overall Aggregate	John XXIII College







# *Sport in the right spirit*