

Appendix 6l

To 'ACC Cross Country'  
**MANUAL TIMEKEEPER**

Two MANUAL timekeepers are required, one for boys races and another for the girls races. Each timekeeper has two stopwatches, which are activated, at the start of each race.

Timekeepers are to be positioned at the start line for the start of each race and are to have a clear line of sight with the starter. Once the timekeepers are in place, they should signal their readiness to the starter. The starter will not start a race until receiving the ready signal from the timekeepers.

The Timekeeper starts his/her stopwatches at the start of the race. He/she then registers a time for each of the first five placegetters in each event. (Use two multi-time stopwatches.)

The timekeeper stays in position at the finish line until the time limit for that event has expired, **see below**. When the time limit has expired the timekeeper is to instruct the announcer to sound the **chime** on the PA system. No places will be awarded to competitors who finish after this time limit, but all runners will be allowed to finish the race and record a time.

**Female: U13 and U14 age categories - 3000m – 20 minutes**

**Male: U13 and U14 age categories - 3000m – 18 minutes**

**Female: U15, U16, Open (U19) age categories - 4000m – 25 minutes**

**Male: U15, U16, Open (U19) age categories - 4000m – 23 minutes**

Take the stopwatches with the times for the first five placegetters to the PLACE-GETTERS RECORDER'S tent. The LISTED PLACE-GETTER'S RECORDER will have a record of the names of the first five placegetters. This sheet will be taken to the computer room by the Listed Place-getters Recorder's student assistant. Refer to [Appendix 6n.2](#).

*No Limits/Inclusive competitors: will be conducted within their age/gender events, **unless advised otherwise**. The timekeepers are asked to please keep a watch running after the timed cut off siren for any No Limits/Inclusive runners so they a time can be recorded for them.*