

Inter-School Cross Country Championships 2008/2009  
Division One

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**GENERAL RULES & INSTRUCTION**

1. No individual entry will be accepted.
2. Footwear  
Spikes shoes should not be worn. Strong training or jogging shoes is recommended.
3. Teams  
A team will consist of 8 runners, with the first 6 home to count for points. In case of a tie between two teams, it shall be resolved in favour of the team whose last scoring member finished nearer the first place. Team with less than 6 runners will not be allowed to compete.
4. Prizes  
The first four teams in each grade will each be awarded a trophy. A medal will be awarded to each member of the first four teams. In addition, the first ten individual winners of each grade will also be awarded.
5. Safety  
Auxiliary Medical Services will provide first aid service to our runners. However, schools are still strongly advised to have their own first aid personnel and equipment.
6. Access to the Golf Club  
The entrance opposite to the car park will be closed. Teachers and students must use the pedestrian crossing located 20 metres from the right hand side of the car park to go into the Golf Club. The route has been indicated by arrow on the map as attached. There will be signage posted along the route from the Car Park to the competition area. Teachers and students should follow the instruction as provided. Teachers and students are reminded not to go into the Club House and other facilities of the Club.
7. Parking Facilities  
The car park of the Golf Club will be made available for schools bus and there will be no problem about parking.
8. Changing & Toilet Facilities  
There will be no changing facilities provided. Athletes are advised to get changed before they go to the Golf Club. Portable toilet will be set up at the car park on the competition day.
9. Reporting  
The check-in registration table will be set up at the Golf Course. The following reporting procedure should be followed:
  - i. All runners must pin the race number on the front side of their running vest;
  - ii. Team registration form should be duly completed in triplicate;
  - iii. All runners line up in race number order with their registration cards;
  - iv. The check-in registration officer will keep one copy of the team registration form & the other two copies will be returned to schools for recording.

10. Briefing  
Briefing will be given in both Chinese and English. Competitors are asked to pay special attention to the briefing and to follow instruction as given. There will be one briefing for all girls races at 12:30pm; Boys C at 2:00pm and Boys A, B at 2:30pm.
11. Route Markers  
There will be route markers stationed along the course. Competitors should follow direction as given by the markers.
12. Outside Assistance  
No competitor shall receive assistance or refreshment from any person during the race, failing which will lead to disqualification.
13. Finishing  
Each competitor will be given a finishing position card as soon as he/she passes the finishing line.
14. Recording procedure  
Competing schools must look after their own recording as follows:-  
i. Ensure that all runners report back with position cards and inform the Chief Finishing Judge if any competitor withdraws from the race;  
ii. Enter all results in the team registration form and add up the first SIX positions;  
iii. Return the team registration form (in duplicate) together with the finishing position cards to the Check-in Registration Officer for checking;  
iv. One copy of the team registration form will be returned to schools.
15. Discipline  
Areas surrounded by ropes are restricted areas, competitors are WARNED not to enter these areas. Teachers-in-charge should instruct their runners that they should not step onto the "GREEN" along the Cross Country courses.

Teachers-in-charge are requested to ensure that student spectators and their officials do not wander around the Golf Club. Spectators are not allowed to run along side with their runners during the races. It is with the kind permission of The Hong Kong Golf Club that the Championships can be held there so schools/teams must try to co-operate. All spectators and officials are asked to remain within the area of the race courses only. It is extremely dangerous to enter onto the other two Golf Courses that will be opened for normal golf playing.

(rule 1)