



**INTERNATIONAL SCHOOLS
ATHLETIC CONFERENCE**

Cross-Country 2017

Hosted by

Nexus International School, Malaysia

Venue: Nexus International School, Malaysia - [Google Map](#)

Date: Sunday 8th October, 2017

Start: 8:00am

Finish: 9:30am

Schedule

8:00am	Over 15 Boys and Girls	5 km
8:05am	U15 Boys and Girls	3 km
8:10am	U13 Boys and Girls	3 km
8:30am	U11 Boys and Girls	1.5 km
8:45am	U9 Boys and Girls	1.5 km
9:15am	Trophy Presentation	

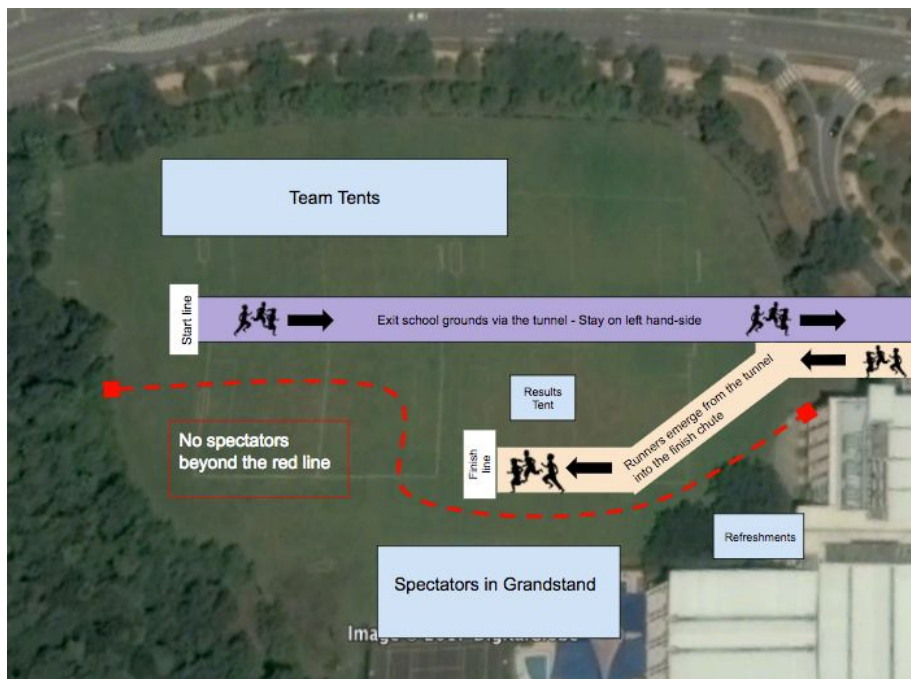
Routes

1.5km Profile - Mapmyrun course profile to appear here shortly

3km Profile - Mapmyrun course profile to appear here shortly

5km Profile - Mapmyrun course profile to appear here shortly

Location/Field Layout Map



Car Park

Schools are advised to bring their squads on a team coach/bus. This will allow runners to be dropped off within the school grounds via the bus lane. Coaches/buses will then be required to park off-site in the large open car park in Presint 15, 200m away (see location map above).

Parents and those arriving by car will have no access to the school site and will need to park in Presint 15 and walk to the school, accessing the site from the main guard house.

Seating Area

All schools will have designated seating under canopies in the team area, which will be clearly labelled.

Parents are encouraged to come along and support and will have access to the finish line but will not have access to the team areas. Parents will be allocated the main grandstand as their seating area

(See location map above).

Please can you make it clear to parents that only the coaches, officials, and runners are permitted in the team areas

Refreshments

The PTA will be providing snacks and drinks for those that wish to purchase them. Water will be provided in the team areas and at the start/finish line.

Please note this is a cupless event, those attending will need to bring their own water bottles. The only exception is at the finish line where reusable cups will be offered to those that have completed their race.

Changing facilities and toilets

There are changing room facilities available but we would advise your runners to arrive wearing their school athletics uniforms.

Adult toilets are located on the ground floor level in the main building and will be clearly signposted. Adults are not permitted to use the changing rooms/toilets designated for the runners.

First Aid

There will be an ambulance on site to deal with any medical matters. This will be located near the team area.

Liability

Nexus employees and any party assisting Nexus with the organisation and function of the 2017 ISAC X-Country event shall not be held responsible or liable for any accidents, injuries, thefts, or costs involved in such incidences which may occur during the course of the meet.

Arrival Information

Teams should arrive before 7:30am and make their way to the field via the emergency tunnel. This will be clearly sign posted on the day.

Age Categories

(U9, U11, U13, U15, O15) determined using the athlete's age as of 1st August 2017, and using the table below.

AGE ELIGIBILITY REFERENCE GUIDE					
Age Category	Under 9	Under 11	Under 13	Under 15	15 and Over
Born on or after:	1 st August 2008	1 st August 2006	1 st August 2004	1 st August 2002	1 st August 1999

Entries

There are no limits to the number of entrants per school. Please use the link below to enter your teams.

DEADLINE: 22nd September at 12:00pm. After this time the team entries form will be locked. Additional runners can still complete for a medallion but will not score points for your school. Changes to existing entries can be made on the day via the results desk located near the start/finish line

Complete your team entries here: [ISAC XC Sign-up 2017](#)

Timing

This year [Checkpoint Spot](#) are our official timing partners. With a wealth of experience of timing races such as the KL Standard Chartered Marathon, we are in very good hands.

All runners will be assigned an A5 size, personalised bib with an electronic tag (see Pg5). This is a non-reusable bib and can either be kept by the runner as a memento of the day or disposed of appropriately.

All Schools will be able to collect their race bib packs at Nexus from October 3rd onwards. I will, where possible, try to distribute to the schools through calendared fixtures from the 3rd onwards. Arrangement of delivery and/or collection of team bib packs is the responsibility of the individual participating schools and not Nexus International School. If teams are not already in possession of their team bib packs on arrival, they can collect from the results tent on the field (see field location image above)

Awards/Points

Medals for the top 10 from each category will be awarded at the conclusion of the final race. All other runners will be given a participation ribbon. The ribbons will come with each school's race bib pack and is the responsibility of team coaches to award to their squad.

Schools score points for each runner finishing in the top 10 for each category.

First – 10	Sixth - 5
Second – 9	Seventh - 4
Third – 8	Eight - 3
Fourth – 7	Ninth - 2
Fifth – 6	Tenth - 1

A school trophy will be awarded at the conclusion of the final race, based on points earned in all the age groups and genders. The school with the highest point total will win the overall trophy. These results will be distributed to the schools the week after the event.

Please note - No school should leave before the trophy presentation has been completed at 9:30am

Equipment

Shoes: Each route will be a mixture of grass, bitumen and compacted mud. Please note that if in the days prior to the event there is heavy rainfall, the muddy parts of the course will become challenging without the correct footwear.

In my personal opinion, Trail running shoes are an ideal solution.

Athletics Kit: All athletes must be in a coordinated school athletics kit.

If you have any questions or queries about this event then please email smith.a@nexus.edu.my

Race Bibs

Below are examples of the race bibs that will be used for this event.

Navy blue - Boys

Purple - Girls

Letter A - U18

Letter B - U15

Letter C - U13

Letter D - U11

Letter E - U9



Course Signage

Below are the signage and course markings.