

Primary Cross Country Championships

GET AHEAD
PARTNERSHIP

EDUCATION. SPORT. WELLBEING

Wednesday 6th December 2023 at Co-op Ground, Central Park, Scunthorpe

Thank you for entering the North Lincolnshire Primary Schools Cross Country Championships on Wednesday 6th December 2023 at Co-op Ground, Central Park, Scunthorpe DN17 1BL.

Format

School can enter as many runners as they wish. To be considered as a team, a minimum of 4 children must finish the race.

Four races will be organised; Year 3/4 Boys; Year 3/4 Girls; Year 5/6 Boys; Year 5/6 Girls. The Courses are:

Year 3/4 will run approx. 1000m

Year 5/6 will run approx. 1500m.

A team's position is calculated by adding together the position of the top four placed athletes in the team. The team with the lowest score wins. Schools will be asked to declare the number of runners in each race prior to the event, although withdrawals due to absence, illness and injury can be made on the day.

Runner Identification

All athletes will be allocated a race number for identification at the event. This race number relates to their school, age group and race and will be used to identify runners on the course. These race numbers will be issued to the schools on arrival, with the number being printed on a sticky label to be worn by the athlete on the front of their t-shirt / jumper. This must be clearly visible during the race. No safety pins are required.

Schools do not need to submit the names of runners involved prior to the Championships. Schools will be given a list on the day of their numbers and will need to make a note (a sheet will be provided for you) of which child is wearing which number and keep for your own records. Due to GDPR we will not be recording children's names. All results will be issued using the number of the runner.

To ensure we have allocated the correct numbers to each school, all schools must confirm the **MAXIMUM** number of athletes that will be attending the championships, in each race.

Please complete the form attached and email / scan back to sarahb.sgo@gmail.com no later than end of the day on Monday 27th November at 5pm. If this number is less on the day don't worry, but no additions to this number can be made after this date.

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Results

Team results will be calculated by adding the positions of the first four runners placed for a school. If there are 8 runners who finished, the first four placed will form the A team score, the second four runners placed from the B team score etc. Results will be emailed to all participating school by Monday 12th December. We will then organise medals to be distributed to first second and third placed teams in each race. Individual first, second and third place medals will be awarded in each race at the finish, along with stickers for all runners who finish. Stickers for every runners' wall chart will be given when the staff register their runners and collect numbers.

Registration and Course

Please ensure you have read the risk assessment and familiarise yourself with the map. Parking for cars and buses will be available at App Frod Sports Club and Central Park Car Park, accessed via the Kingsway. If parking at App Frod, please walk across the fields by the right of the astroturf, through the gap in the fence where the fence panel has been removed and onto the Co-op Ground. On arrival please immediately register your runners with the GAP staff who will be stood in front of the 'School Teams Only' area on the field. We have to start races at the designated time, so please ensure you arrive in plenty of time to allow your children to warm up, use the toilets, put on their numbers etc. Please note the course may be adapted slightly based on the ground conditions on the day.

If you need to contact staff during the event please ring 07791836746 (Sarah) or 07540721805 (Katy). First Aid cover for the event will be provided by an external provider - we will confirm nearer to the event the name and details of this company.

Race	Age Group	Time	Approx Distance	Lap	Race Numbers
1	Year 3/4 Boys	1.30pm	1000m	Start Lap A – ½ C	Finish starting either 400 or 500
2	Year 3/4 Girls	1.50pm	1000m	Start Lap A – ½ C	Finish starting either 200 or 300
3	Year 5/6 Boys	2.10pm	1500m	Start Lap A – Lap C	Finish starting either 800 or 900
4	Year 5/6 Girls	2.30pm	1500m	Start Lap A – Lap C	Finish starting either 600 or 700

Any questions please get in touch.

Sarah Burdett, School Sport Manager, Get Ahead Partnership. Email: sarahb.sgo@gmail.com Mobile: 07791836746

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Entry Form		
Name of School:		
School Contact Number:		
Contact Name at Event:		
Responsibility in School:		
Mobile contact number during the event:		
Race time	Race	Maximum number of children attending
1.30pm	Year 3/4 Boys	
1.50pm	Year 3/4 Girls	
2.10pm	Year 5/6 Boys	
2.40pm	Year 5/6 Girls	

Please complete and return this form by email or scan a copy to sarahb.sgo@gmail.com
no later than 5.00pm on Monday 27th November 2023.