

North Lincs Schools Biathlon Year 4,5 & 6

Monday 15th July 2024 at the Pods (Swim) & App Frod Sports & Social Club (Run)

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- On Monday 15th July, competitors can arrive at the Pods no earlier than 11.00am due to a public swim session. Please can staff inform Sarah on their arrival if there are any changes to the entry numbers.
- Competitors will need to bring both appropriate swimwear for the 25m / 50m swim and PE kit including appropriate footwear for a 400m / 600m / 800m run on grass.
- Swimming heats will take place starting at 11.15am with Year 4 and progress through Year 5, 6, 7, 8, 9. Swimmers may be placed in a heat with their own school as points are accumulated based on the time achieved not the placing. All swimmers will start in the water.
- After completing the swimming event, competitors will be asked to change once their year group has been completed. This will ease congestion in changing areas. Please ensure you have adequate staff supervision of your children.
- Competitors must be accompanied when making their way to App Frod with their staff member(s). This will be clearly signposted.
- An 400m / 600m / 800m grass course will be marked out and again heats will start with Year 4 400m heats and progress through to 600m for Year 5 & 6. Then the 800m heats will start with Year 7, 8 and finally Year 9. Runners may be placed in a heat with their own school as points are accumulated based on the time achieved not the placing. Toilets will be available in the App Frod Changing rooms. All competitors will be issued with a sticky number for the run to allow identification for recording results.
- All results will be inputted and final placings will be emailed by Wednesday 17th July 2024 . We will endeavour to get medals to primary schools before or on this date.
- After the results have been emailed medals for the first 3 individuals in each age group will be awarded (Year 4 boys; Year 4 girls; Year 5 boys; Year 5 girls; Year 6 boys; Year 6 girls). Based on the number of entries, the top 3 teams (a team is the best aggregate score for the swim and run of your 3 highest finishers in each age/gender group. i.e. the best 3 finishers in Year 5 Boys would considered a team) will also be awarded medals.
- Any questions please email sarahb.sgo@gmail.com

Health and Safety Rules : IMPORTANT NOTICE-COMPETENT SWIMMERS

- Staff must ensure that students are competent swimmers take part i.e. they can comfortably swim 25m or 50m safely. This in real terms means that they can swim continuously at a constant speed without any slowing or stopping. All swimmers start in the pool. 25m swim starts in the shallow end. 50m swim starts in the deep end.
- During the event, it is the responsibility of school staff and students to adhere to the following safety rules:
 - Staff must ensure that students are competent swimmers to take part
 - Sit down in the designated area, when you are not competing .
 - Stay clear of the finish line so the timekeepers and staff can do their job.
 - Do not run around the pool side.
 - Please be aware that this is a public swimming pool and there will be members of the public on site.

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Team Entry Form: Please email this completed form to sarahb.sgo@gmail.com **no later than 10am on Monday 8th July 2024.**

Year 4: 25m swim & 400m run

Year 5 & 6: 25m swim & 600m run

Name of school:				
Name of member of staff:				
Contact mobile number for staff member at venue:				
Entry Form (Primary Year 4, 5 & 6)	YEAR 4	YEAR 5	YEAR 6	TOTAL NUMBER
Number of Boys' Competitors				
Number of Girls' Competitors				

Please note:

- No additional entries will be permitted after the closing date or on the day of the event.
- We do not require the names of the children before the event. On the day we will provide you with a sheet to record who is allocated which number / label for the run and swim. When the results are emailed to schools, the children will be identified by their allocated number, not by a name, so please keep this sheet after the event for your records.