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**12TH OCTOBER 2017, 12-30pm - 2-30pm**

Details of the Stevenage Primary X-Country Championships at **Fairlands Valley Park** are as follows:

REGISTRATION : 12-30PM



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| **BOYS**  | **GIRLS**  |
| YR 5 (ORANGE) | YR 5 (PINK) |
| YR 6 (BLUE) | YR 6 (YELLOW) |

AGE GROUP CATEGORIES:

SCHOOLS ARE PERMITTED TO ENTER 6 RUNNERS PER CATEGORY

(6 X YR 5 BOYS, 6 X YR 5 GIRLS

6 X YR 6 BOYS, 6 X YR 6 GIRLS)



|  |  |  |
| --- | --- | --- |
| **1-00pm**  | Yr 5 Girls  | ½ Lap = ½ mile  |
|  | Yr 5 Boys  | ½ Lap = ½ mile  |
| **1-30pm**  | Yr 6 Girls  | 1 Lap = 1 mile  |
|  | Yr 6 Boys  | 1 Lap = 1 mile  |

**RACE SCHEDULE &** DISTANCES

These timings are approximate and colleagues are advised to have their runners prepared and ready to run.

The approximate finish time of the event and presentations is 2.30p.m.

Please register your teams on the SSFT website.

You will need to enter each age group separately with numbers (6 Boys, 6 Girls for each year group category).

**Changing Facilities**

There are no changing facilities on site, therefore all runners should arrive changed.

**Course**

Pleased find course map enclosed. The course will be clearly explained at the beginning of each race and properly marshalled.
A copy of the map will be displayed at the back of the boating lake hut, but it is the responsibility of the competitors to ensure
that they complete the correct course. Failure to do so will result in disqualification.
Spikes or studs may be worn but competitors are advised that there is a short distance crossing the bridge where
concrete will be underfoot.

Clothing

It is recommended that competitors run in shorts and T-shirt / polo top. Tracksuits or warm clothing and a waterproof should
be worn before and after the competition to avoid injury. Runners should also come equipped with plenty of water to drink.
Funnel

There will be two separate funnels, one for boys and one for girls. These will be clearly marked by pink and blue balloons.
Please inform your runners to be aware. **NO OVERTAKING IN THE FUNNEL**

Team Managers

Please report promptly to the sailing hut to collect envelopes once you arrive. Please arrive in plenty of time for the first race.
**\* Ensure that results (with Schools, Children’s names and numbers written clearly and totalled up) are sent directly to the scoring hut once you have completed the necessary information, and immediately after each race is finished. The Scorers need to add up and collate the results into the correct order ready for the Presentations asap.**

Marshalls

The event will be marshalled by SSFT Apprentices and Community Sport Leaders wearing yellow coloured jackets.

Presentations

 Please encourage pupils to support the presentations of medals and certificates at the end of the festival.

****We wish all competitors the very Best of luck!

The Stevenage Sporting Futures Team