



**THE SSFT PRIMARY CROSS COUNTRY COMPETITION,  
THURSDAY 28<sup>TH</sup> SEPTEMBER 2023, 12-30PM - 2.15PM AT FAIRLANDS VALLEY LAKES.**

AGE GROUP CATEGORIES	
BOYS	GIRLS
YR 5 BOYS: X 6 RUNNERS	YR 5 GIRLS: X 6 RUNNERS
YR 6 BOYS: X 6 RUNNERS	YR 6 GIRLS: X 6 RUNNERS

RACE SCHEDULE & DISTANCES		
1-00pm	Yr 5 Girls	½ Lap = approx. ½ mile
	Yr 5 Boys	½ Lap = approx. ½ mile
1-30pm	Yr 6 Girls	1 Lap = approx. 1 mile
	Yr 6 Boys	1 Lap = approx. 1 mile

SCHOOLS ARE PERMITTED TO ENTER A MAXIMUM OF 6 RUNNERS PER CATEGORY (MINIMUM 4 RUNNERS NEEDED FOR THE TEAM EVENT).

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

The approximate time of the presentation is 2 p.m.

All participating teams should have registered on the SSFT website and each age group should have been entered separately (6 Boys, 6 Girls for each year group category). NB: 1 ticket = 1 Team

**Registration:**

By 12.30pm

**Changing Facilities:**

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

**Course**

Please find course map enclosed. The course will be marked with barrier tape and races led by the Hare. 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 and can be slippery.

**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 PLEASE.**

**Team Managers**

Upon arrival at the event, please report promptly to the hut to sign in and collect your envelopes. 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. Any delay in handing in your scores will mean a longer wait for everyone and may result in your school not being included in the overall table.\***

**Marshalls**

The event will be marshalled by SSFT Apprentices and Barnwell School Sports Leaders wearing high vis 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!



## SSFT PRIMARY CROSS COUNTRY SCORE SHEETS

IN YOUR ENVELOPE ON THE DAY, YOU WILL FIND A MAP AND THE FORMAT FOR THE EVENT.

YOU WILL ALSO FIND THE COLOUR CODED SCORE SHEETS FOR EACH AGE GROUP. THE RAFFLE TICKET THAT EACH CHILD RECEIVES AT THE FUNNEL WILL BE COLOUR CODED TO MATCH THE SCORE SHEETS FOR THE CORRECT CATEGORY.

PLEASE MAKE SURE YOU COMPLETE THE CORRECT SHEET FOR THE CORRECT GROUP.

IT IS VERY IMPORTANT THAT YOU WRITE DOWN YOUR CHILDRENS' NAMES CLEARLY AND THEIR NUMBER FROM THE RAFFLE TICKET, IN CHRONOLOGICAL ORDER (LOWEST TO HIGHEST).

**PLEASE ADD UP THESE 4 NUMBERS CAREFULLY AND PUT THE TOTAL IN THE BOX.**

TOP 4 RUNNERS NUMBERS  
ADDED TOGETHER AND

TOTALLED.



NUMBER	RUNNER'S NAME
6	LAURA
10	SARAH
22	ANNE
63	JULIA
<b>= 101</b>	<b>← TOTAL</b>
71	MARY (NON SCORING)
75	JILL (NON SCORING)

**\*ONCE THESE ARE COMPLETE FOR YEAR 5, PLEASE BRING TO THE SCORERS AS SOON AS THE RACE HAS FINISHED AND BEFORE THE YEAR 6 RACE STARTS. THEN AGAIN STRAIGHT AFTER THE YEAR 6 RACE\*.**

THE TOP 4 RUNNERS' ADDED NUMBERS FROM YOUR SCHOOL WILL BE THE TOTAL TEAM SCORE.

THERE WILL BE MEDALS FOR 1<sup>ST</sup>, 2<sup>ND</sup> AND 3<sup>RD</sup> INDIVIDUAL WINNERS FROM EACH CATEGORY.

THERE WILL BE MEDALS AND TROPHIES FOR 1<sup>ST</sup>, 2<sup>ND</sup> AND 3<sup>RD</sup> TEAMS IN EACH CATEGORY.

PARTICIPATION CERTIFICATES WILL BE EMAILED TO SCHOOLS.