

# Competition information

**Race times:** timings are approximate and each race will follow the previous one

Race 1 & 2 – 12.00pm & 12.15pm - Primary 6 Girls

Race 3 & 4 – 12.30pm & 12.45pm – Primary 6 Boys

Race 5 & 6 – 1.00pm & 1.15pm – Primary 7 Girls

Race 7 & 8 – 1.30pm & 1.45pm – Primary 7 Boys

**Declarations:** Athletes should declare up to 1 hour before the race. They will be issued with their race number which should be worn on the **FRONT** of their running gear. Team results sheet will be issued here if a team is entered.

**Assembly:** Competitors should listen for an announcement to go to Assembly. The call will be made approximately 10 minutes before the race is due to start. The Stewards will organise the runners and lead them to the Start.

**Pacing of athletes on the course is forbidden and could lead to disqualification. This includes running the same direction as the competitors during the race.**

**Team results:** Each athlete will be issued with a place card as they finish the race. If the school has a team, the names & places of the athletes involved should be recorded and the sheet handed to the Announcer within 15 minutes of the end of the race.

**Presentations:** Assembly Hall at 2.30pm approx

Runners finishing in first, second, and third place in each race will receive a medal, as will the runners in the first three teams to finish. The highest placed four runners to count for team points. The overall winning team in each race will also receive a Trophy which can be kept for the year.

**Spikes or studded footwear should not be worn.**