

34th SSAA PRIMARY SCHOOLS' CROSS COUNTRY CHAMPIONSHIPS 2024

DATE Saturday 20th April 2024

VENUE Kirkcaldy High School, Dunnikier Way, Kirkcaldy, Fife

TIMES

Races 1 and 2	Primary Six Girls	12:00pm and 12:15pm
Races 3 and 4	Primary Six Boys	12:30pm and 12:45pm
Races 5 and 6	Primary Seven Girls	1:00pm and 1:15pm
Races 7 and 8	Primary Seven Boys	1:30pm and 1:45pm

Please note the early start time!

Times are only approximate. Each Race will follow on from the completion of the previous one. Races will be no longer be split by school name and will now be split randomly/evenly over the 2 races.

AWARDS Runners finishing in the first three places and the first three teams in each race will receive an SSAA medal. The winning team in each race will receive a trophy, to be kept for one year.

AGE GROUPS The event is only open to Primary School pupils in Primary Six and Primary Seven. No one in Primary Five or First Year of Secondary education is allowed to compete. **Please remember to include dates of birth (D.O.B.) of your runners when you fill in the form.**

ENTRIES Each school may enter as many pupils in each category as they wish, but only the highest placed four runners will count for team awards.

Only pupils who have experience of running the Championship distance (approx 1800 metres) should be considered for entry. Only pupils whose names are in the programme may run on the 20th April – no substitutes on the day.

The closing date for entries Friday 29th March 2024. This date may be during your Easter holidays. Entry must be through the SSAA Website.

No pupil may compete in the Secondary Schools' Cross Country Championships and in the Primary Schools Cross Country Championships.

Spiked shoes are not allowed

ENTRY FEES The Entry Fee is £10.00 per individual. There is no affiliation fee. Cheques/Postal Orders should be made payable to "The Scottish Schools' Athletic Association" or "SSAA", and sent with the attached form to **A W Robertson no later than Friday 7th April 2024**. On close of entries, each school will be sent a map of the course, final instructions. If paying by BACS this form must still be submitted as above & the school name used as reference.
Bank details: 30-25-83, 00422248, Scottish Schools' Athletics Association

ACCOMPANYING ADULT **All schools must name the adult who is travelling with the team, in case of any emergency. If possible, schools are asked to nominate an adult prepared to officiate if necessary. No experience is required.**

PLEASE NOTE THAT PACING OF RUNNERS IS NOT ALLOWED AND COULD LEAD TO DISQUALIFICATION.