

# 31<sup>st</sup> SSAA PRIMARY SCHOOLS' CROSS COUNTRY CHAMPIONSHIPS 2018

## DATE

Saturday 21st April 2018

## 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
AWARDS		2:30pm

***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 now be ran schools A-L and M-Z.

## 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 1500 metres) should be considered for entry. Only pupils whose names are in the programme may run on the 21st April – no substitutes on the day.

**The closing date for entries Friday 30<sup>th</sup> March 2018. 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 – nor are spiked shoes minus the spikes, hill running shoes, heavily studded football boots or rugby boots. All footwear will be checked on the day.**

## ENTRY FEES

The Entry Fee is £8.00 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 30<sup>th</sup> March 2018**. On close of entries, each school will be sent a map of the course, final instructions and team declaration sheets. 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 necessary.**

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