

SSAA Road Race Championships 2024

Wednesday, 2nd October 2024
Pittencrieff Park, Dunfermline

Events: This is a short distance road race for individuals with a Team element. There will be 13 races.

Primary School Races

Race 1 – Girls P6 – Approx. 1600m – 11.30 am start

Race 1A – Boys P6 – Approx. 1600m – 11.45 am start

Race 2 – Girls P7 – Approx. 1600m – 12 noon start

Race 2A – Boys P7 – Approx. 1600m – 12.15 pm start

Declarations for the Primary School Races close 30 minutes before start of race

GROUP D

Race 3 – Girls (born on or after 1/03/12) – Approx. 2400m – 12.30 pm start

Race 4 – Boys (born on or after 1/03/12) – Approx. 2400m – 12.45 pm start

Declarations for Group D races close at 12 noon and 12.15 pm respectively

GROUP C

Race 5 – Girls (born 1/03/11 – 28/02/12) – Approx. 2400m – 1 pm start

Race 6 – Boys (born 1/03/11 – 28/02/12) – Approx. 2400m – 1.15 pm start

Declarations for Group C races close at 12.30 pm and 12.45 pm

PARA ATHLETES

Race 7 - Para Athletes from P6 to U20 in education or training – Approx. 2400m – 1.30 pm start

Declarations for this race close 1 pm

GROUP B

Race 8 – Girls (born 1/03/09 – 28/02/11) – Approx. 3200m - 1.45 pm start

Race 9 – Boys (born 1/03/09 – 28/02/11) – Approx. 4800m – 2.05 pm start

Declarations for Group B races close at 1.15 pm and 1.35 pm respectively

GROUP A

Race 10 – Girls (born on or before 28/02/09) – Approx. 3200m – 2.25 pm start

Race 11 – Boys (born on or before 28/02/09) – Approx. 4800m – 2.45 pm start

Declarations for Group A races close at 1.55 pm and 2.15 pm respectively

Closing Date: CLOSING DATE FOR ENTRIES IS MONDAY 9TH SEPTEMBER 2024

Awards: The runners finishing in 1st, 2nd & 3rd places in each race will receive an SSAA medal. An Age Group Trophy will be presented to the 1st placed team with 4 runners to count. The Trophy will be retained for one year.

Entry Conditions: There is no limit on the number of individuals a school may enter in each event. 4 members required to count towards a team award. Name and Date of Birth of all athletes being entered must be submitted on the entry form.

Race 7 – The Para Event is open to race bikes, race chairs and ambulant runners. Entries should be direct to Margaret McNally – theoaks4@aol.com The School does not have to be affiliated for these Athletes to compete. Name, School/College, Date of Birth and Classification must be included.

Entry for all other races is via the web site and must be made by 09/09/24 from an education email address.

Course : The course is mainly on 4m wide tarmac paths within Pittencrieff Park.

Numbers: School envelopes with individual Chipped Numbers will be issued at Declarations. The number should be worn on the FRONT of the schools' vest. **CLUB COLOURS MUST NOT BE WORN.** Please bring your own pins.

It is important that each athlete wears the correct chipped number and each School Representative should check this carefully when handing out the individual numbers.

We cannot accept responsibility for an individual result when the incorrect number is worn.

Entry fee: The entry fee per individual athlete will be £10 and must be paid whether the athlete competes or not. When confirmation of entry detail is received it must be confirmed as requested.

We would prefer schools to pay by BACS to the following: -

Sort Code: 30-25-83 Account No: 00422248 Reference: School Name

If paying by cheque please make them payable to "SSAA" and send the cheque with the form issued on confirmation to the Convenor, Sandra Hardacre, no later than 16th September 2024 (a week after the online closing date).

Accompanying Adult: All schools must name an adult who is attending the event, in case of any emergency. All schools are also asked to nominate an adult who may be asked to officiate - (no experience is necessary) - this can be the same person.

Changing Facilities: Changing facilities are available within the Glen Pavilion. Valuables should not be left in this area and please leave the area clean and tidy.

PACING OF AN ATHLETE IS NOT ALLOWED AND COULD LEAD TO DISQUALIFICATION