

# SSAA Secondary Road Race Championships 2019

**Date :** Wednesday 2nd October 2019

**Venue :** Pittencrieff Park, Dunfermline

**Events :** This is a short distance road race for individuals with a Team element. There will be 9 races.

Race 1 – Girls (born on or after 1/03/07) – 1.5 miles – 12.30pm start

Race 2 – Boys (born on or after 1/03/07) – 1.5 miles – 12.45pm start

Declarations for races 1&2 close 12noon

Race 3 – Girls (born 1/03/06 – 28/02/07) – 1.5 miles – 1pm start

Race 4 – Boys (born 1/03/06 – 28/02/07) – 1.5 miles – 1.15pm start

Declarations for races 3&4 close 12.30pm

**Race 5 – Wheelchair & Race Running Bike event – 1.5 miles – 1.30pm start**

**Declarations close 1pm**

Race 6 – Girls (born 1/03/04 – 28/02/06) – 2 miles – 1.45pm start

Race 7 – Boys (born 1/03/04 – 28/02/06) – 2.5 miles – 2.05pm start

Declarations for races 6&7 close 1.15pm

Race 8 – Girls (born on or before 28/02/04) – 2.5 miles – 2.25pm start

Race 9 – Boys (born on or before 28/02/04) – 3 miles – 2.45pm start

Declarations for races 8&9 close 1.45pm

**Awards :** The runners finishing in 1<sup>st</sup>, 2<sup>nd</sup> & 3<sup>rd</sup> places in each race will receive a SSAA medal. An Age group trophy will be presented in Races 1,2,3,4,6,7,8 & 9 to the top placed team, with 4 runners to count. The trophy to be kept for one year. Wheel entries will be awarded medals in U16 & O16 categories

**Age Groups :** races 1&2 are open to pupils born on or after 1/03/07.  
races 3&4 are open to those born 1/03/06 – 28/02/07  
races 6&7 are open to those born 1/03/04 – 28/02/06  
races 8&9 are open to those born on or before 28/02/04

**Wheelchair/Race Running Bike competitors can be up to U20 if in education or training**

**Entry Conditions :** A school may enter as many individuals as they wish, with the first 4 finishers counting towards the team award in each age group. The names & dates of birth of those being entered must be submitted on the entry form.

**Wheelchair / Race Bike entries can be direct to Margaret McInally – [theoaks4@aol.com](mailto:theoaks4@aol.com) with payment on the day. School does not have to be affiliated. Deadline – 25/09/19 . Name, School/College & DoB and Classification required**

**Entry for all other races is via the web site and must be made by 20/09/19 from an education email address.**

**Course :** The course is at the Pittencrieff Park, Dunfermline, mainly on wide tarmac paths. Spikes must **NOT** be worn. There is limited parking in or near the park, with toilet facilities and indoor area to store belongings. There is no charge for entry but a Programme will be available to purchase.

**Numbers:** Individual numbers will be issued at Declarations and must be worn on the **FRONT** of a Schools' vest. Club colours should not be worn. Please bring your own pins.

**Entry fees:** The entry fee per individual will be £ 8. All athletes must be entered as individuals (there is no team entry fee). On receipt of an entry, the School will be sent a registration form, further details and directions to the venue.

Please make cheques payable to the "Scottish Schools Athletics Association" or "SSAA", and send the cheque with the form issued on confirmation to the Convener, John Fleming, no later than 27th September 2019 (a week after the online closing date). BACS payments are acceptable but the form should still be returned as above.

Sort Code : 30-25-83, Acc no. : 00422248, use reference provided in invoice

**Accompanying Adult:** All schools **must** name an adult who is attending the event, in case of any emergency. All schools are asked to nominate an adult who must be prepared to officiate. This can be the same person named previously. No experience is necessary.

**Changing Facilities:** All competitors will be accommodated within the venue, but to help avoid congestion, it might be best if athletes could arrive already changed. Valuables should not be left in the changing rooms, which must be left clean and tidy.

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

**This includes running in the same direction as the race.**