

SSAA SECONDARY SCHOOLS' CROSS-COUNTRY CHAMPIONSHIPS

Livingston – SATURDAY 4th MARCH 2017 (note change of day)

The 39th Joint Cross-Country Championships will take place at Deans Community High School, Livingston on SATURDAY 4th March 2017.

EVENTS

a)	Group D	Under 14	Girls	12.45 p.m.	2,400m
b)	Group D	Under 14	Boys	1.05 p.m.	3,000m
c)	Group C	14 – 15	Girls	1.25 p.m.	3,000m
d)	Group C	14 – 15	Boys	1.45 p.m.	4,000m
e)	Group B	15 – 17	Girls	2.05 p.m.	4,000m
f)	Group B	15 – 17	Boys	2.25 p.m.	5,000m
g)	Group A	Over 17	Girls	2.45 p.m.	4,000m
h)	Group A	Over 17	Boys	3.05 p.m.	6,000m

All distances are approximate. The order of races is accurate but the timing is only approximate.

AGE GROUPS

Group D born on or after 1.1.04 (must be in Secondary School)

Group C born between 1.9.02 and 31.12.03

Group B born between 1.9.00 and 31.8.02

Group A born on or before 31.8.00

ENTRIES

All entries must be made online. On receipt of your online entry, you will be emailed confirmation and will be able to download the final instructions and a copy of the course map.

A school may enter as many runners as they wish in each category.

Teams are up to 6 runners, with 4 to count for points. Individuals can also be entered. Athletes may only compete in their own Age Group.

e.g : 12 runners = 2 teams, 9 runners = 1 team + 3 Individuals, 2 runners = 2 Individuals

Team entry fee is **£15**, Individual entry fee is **£6**

Cheques should be made payable to: 'The Scottish Schools' Athletics Association' or 'SSAA'

Cheques should be sent to: Mr M Stringer. Schools may also pay via BACS to:
SSAA: Sort Code: 30-25-83: Acc No: 00422248

Late entries cannot be accepted. Each entry **MUST** include the name of the accompanying adult who may be asked to officiate.

AFFILIATION

Schools should ensure that the affiliation fee of £50 has been paid. It was due on 1st October 2016. Affiliation fees should be sent to Mr A W Robertson, Treasurer. Failure to do so could result in an entry being refused.

AWARDS

The first three finishers in each race will receive medals. The winning school in each race will receive a trophy to be kept for one year. Counting members of the 1st, 2nd and 3rd teams in each race will also receive medals.

SIAB INTERNATIONAL

SIAB International Cross-Country will take place at Port Talbot, Wales on Saturday 25th March 2017. An U20 Schools team has been invited to compete in the SIAB event at Port Talbot.

Pupils must be entered for our Championships to be considered for selection.

THE CLOSING DATE FOR ENTRY IS FRIDAY 10th FEBRUARY. 2017

Mark Stringer
Convenor