



# The 45th Joint SSAA Secondary Schools' Cross Country Championships

Hopetoun House Estate, South Queensferry, EH30 9RW

**Wednesday 6 March 2024**



## 1. Age Groups

**Group A (Under 20)** Born between 1/09/04 and 31/08/07

**Group B (Under 17)** Born between 1/09/07 and 31/08/09

**Group C (Under 15)** Born between 1/09/09 and 31/08/10

**Group D (Under 14)** Born on or after 1/09/10

This event is using chipped numbers. It is important that all entries are submitted in the correct age groups.

## 2. Events

All distances and start times after the first race are approximate

|               |         |        |
|---------------|---------|--------|
| Group D Girls | 12:15pm | 3,000m |
| Group D Boys  | 12:35pm | 3,000m |
| Group C Girls | 12:55pm | 4,000m |
| Group C Boys  | 1:15pm  | 4,000m |
| Group B Girls | 1:35pm  | 4,000m |
| Group B Boys  | 2:00pm  | 5,000m |
| Group A Girls | 2:25pm  | 4,000m |
| Group A Boys  | 2:50pm  | 6,000m |

## 3. Entry Fees & Payment

Athlete entry fee is **£10**. The entry cost is an **ENTRY FEE** and must be paid for each athlete entered, whether they compete or not. No entries will be considered after the online entry system closes for an event. When confirmation of entry detail is received, it **must** be confirmed as requested.

Each entry **must** include the name of the accompanying adult who may be asked to officiate.

A school may enter as many runners as they wish in each category. There is a team element on the day of the **First 4 to count**.

**We would prefer schools to pay by BACs - to: SSAA, Sort Code: 30-25-83, ACC No: 00422248.**

**Reference - School Name.** Cheques may also be sent and should be made payable to 'SSAA' They should be sent to: Mrs Nichola Crawford

**N.B. Schools will receive an Invoice with entry confirmation. This should be sent along with the payment form.**

## 4. Anti Doping

All entrants shall be deemed to have made themselves familiar with and agree to be bound by the UKA Anti-Doping Rules and to submit to the authority of UK Anti-Doping in the application and enforcement of the Anti-Doping Rules. The UKA Anti-Doping Rules apply to entrants participating in the sport of Athletics, for 12 months from the date of the competition, whether or not the entrant is a citizen of, or resident in, the UK. The information can be found on the webpage ([www.ssaa.co.uk](http://www.ssaa.co.uk)).

## 5. Affiliations

Schools should ensure that the affiliation fee of £75 has been paid. It was due on 1st October 2023. Failure to affiliate could result in an entry being refused. Affiliation forms are available on the homepage of the website and should be sent to:

Mr A W Robertson

## 6. Awards

The first three finishers in each race will receive medals as soon as the race finishes. Counting 4 members of the 1st, 2nd and 3rd team in each race will also receive medals when the team is confirmed. The winning school in each race will receive a trophy to be kept for one year. In the result of a tie in team points, it will be the team of 4 completed first.

## 7. Closing Date & Refunds

The closing date for entries is **Wednesday 14 February 2024**. No entries will be considered after the online system closes. Only corrections will be accepted. Please note that there will be no refunds should any competitor withdraw after the official closing date.

*Nichola Crawford* (Convenor)