

 **Angmering Cluster “Chain of Command” Cross Country (Year 1 – 6 Event)**



Schools should enter a team of 6 runners. There should be an athlete representing each year group from Year 1 to Year 6. Staff should be satisfied that they can comfortably complete the course.

- ✚ There will be a separate boys’ competition and girls’ competition.
- ✚ Year 1 and 2 athletes will complete 1 circuit of the course each (590 metres)
- ✚ Year 2 and 3 athletes will complete 2 circuits of the course each (1180 metres)
- ✚ Year 5 and 6 athletes will complete 3 circuits of the course each (1779 metres)

Teams should arrive by 3.45 when they will be walked around the course with their supervising member of staff, prior to a brief warm up.

Each school should wear kit of the following colours (Bibs will suffice):

- East Preston (Blue)
- Ferring (White)
- Georgian Gardens (Red)
- St. Margaret’s (Yellow)
- St. Wilfrid’s (Green)
- St. John the Baptist (Orange)

Please contact Pete Gwynn if your school cannot provide these colours.

Please could staff also provide a sticky label to put on each athlete so that their age group can be easily be identified?

Athletes will run in the following order:

1. Year 5
2. Year 1
3. Year 4
4. Year 3
5. Year 2
6. Year 6

Both races will start at 4.00 PM

The first team to finish in the boys and girls race will be the winners.

All runners will be notified of their finish time and finishing certificates will be sent by e-mail to the participating schools.

All schools should bring a qualified first aider.

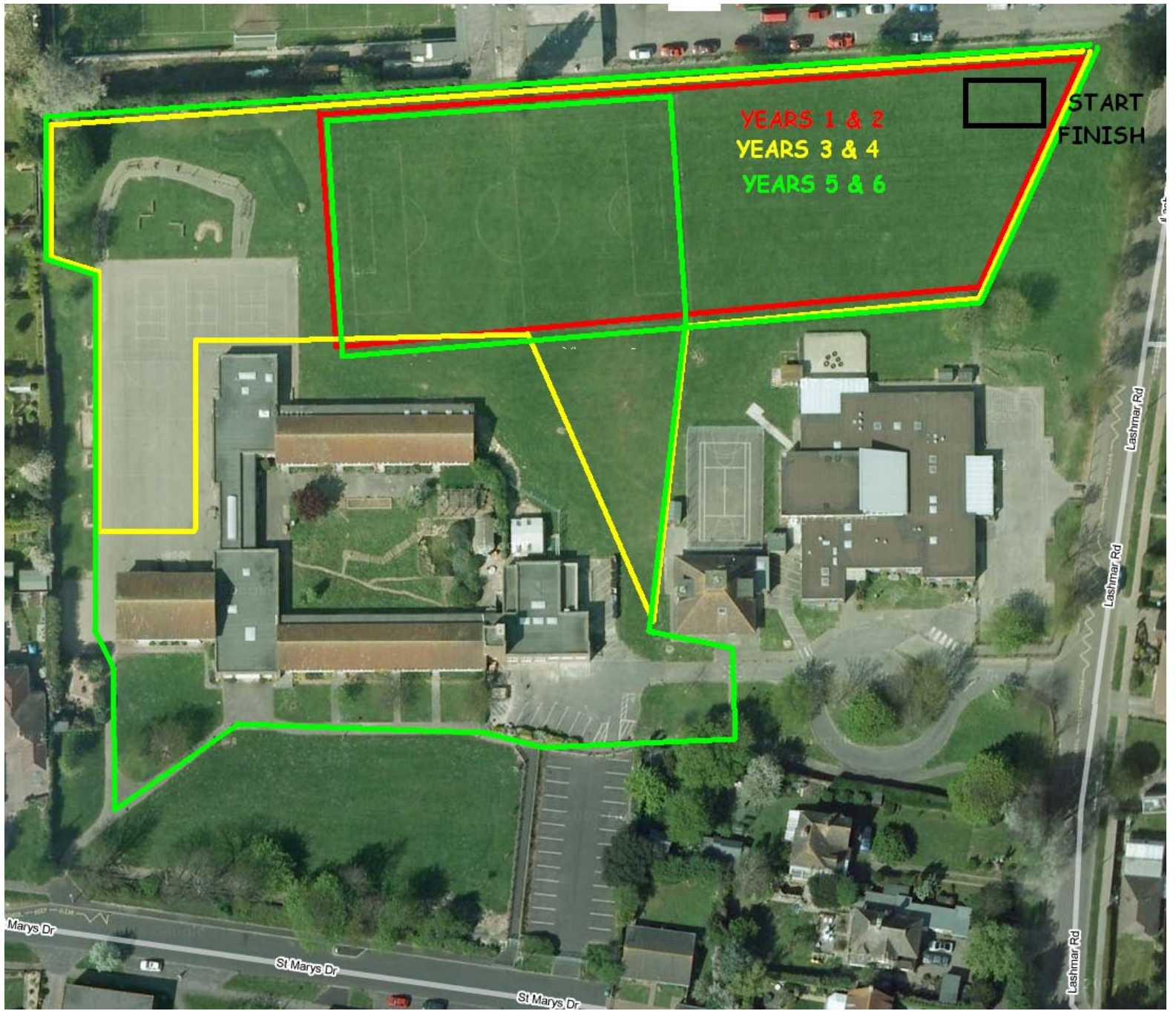
Please remind all athletes to bring liquid refreshment to re-hydrate (and warm clothing for after)

Reminder: Parking around the school between 3.15 and 3.40 is limited. Please park considerately in neighbouring streets and do not double park in the school or in the bus lane. Many thanks. It may be beneficial to share lifts.

Only athletes and staff are allowed in the athlete’s area and the “finishing pen”.

Please ask parents to keep back from the course and not to enter the “finishing pen”.

It would be helpful if schools could provide at least one parent who would be willing to act as marshal on the course, although Year 6 Sports Leaders from East Preston Junior School will be helping to organise and run the event.



CHAIN OF COMMAND CROSS COUNTRY RELAY

	BOYS							GIRLS							
	Y5	Y1	Y4	Y3	Y2	Y6	Time	Y5	Y1	Y4	Y3	Y2	Y6	Time	Total
Clapham & Patching	Y5	Y1	Y4	Y3	Y2	Y6		Y5	Y1	Y4	Y3	Y2	Y6		
East Preston	Y5	Y1	Y4	Y3	Y2	Y6		Y5	Y1	Y4	Y3	Y2	Y6		
Ferring	Y5	Y1	Y4	Y3	Y2	Y6		Y5	Y1	Y4	Y3	Y2	Y6		
Georgian Gardens	Y5	Y1	Y4	Y3	Y2	Y6		Y5	Y1	Y4	Y3	Y2	Y6		
St. John the Baptist	Y5	Y1	Y4	Y3	Y2	Y6		Y5	Y1	Y4	Y3	Y2	Y6		
St. Margaret's	Y5	Y1	Y4	Y3	Y2	Y6		Y5	Y1	Y4	Y3	Y2	Y6		
St. Wilfrid's	Y5	Y1	Y4	Y3	Y2	Y6		Y5	Y1	Y4	Y3	Y2	Y6		