



Angmering SSG Mile Cluster Cross Country (Open Team Event)

RULES:

Schools may enter as many athletes as they wish. Athletes can be from Year 3 upwards as long as staff are satisfied that they can comfortably complete the 1 mile course.

There will be a boys' race and girls' race.

The races will start with 2 minutes of each other, with the girls setting off first.

The first 6 athletes to cross the line will gain points for their team.

Athletes failing to follow the course will be disqualified and gain no points for their team.

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 and provide an adult to act as a marshal on the course.

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

The girls race will start 2 minutes before the boys race.

Runners from the same school should wear the same coloured shirt / bib to allow easy identification.

*Reminder: Parking around the school between 3.15 and 3.40 is **EXTREMELY** limited. Please do not arrive on the school site before 3.45PM. Please park considerately in neighbouring streets and do not double park in the school or in the bus lane.*

It may be beneficial to share lifts.



Staff Instructions:

Runners will start in the corner by the gate to the cycle path. I will brief all runners by the finishers' area and then the girls will go off to the start.

- The girl's race will be first followed by the boys' race after 2 minutes.
- Each finisher will be issued with a finishing place card with a number on it.
- Children should then find their member of staff in the "finisher's pen" who will take the card off them, put it in the envelope and write the finishing position and runner's name on the sheet on the envelope.
- Staff will need to be (in the finishers' area to collect the finishing cards of each runner and log it onto the front of the envelope).
- Please let me have your score sheet / envelope once all runners have finished with the scores of your **6 best placed runners added together**. If this can be done as quickly as possible the races should be over as quickly as possible).
- The course will be marked by spots of flour on the ground.
- The length of the course is approximately 1 mile.

At the start of the race the girls should line up in front of the boy runners. Faster runners in front!

Please could all schools provide a marshal (could be a sports leader or parent) to help on the course.

Marshals will be given a yellow bib will be in place to guide the runners around the course.

Please remind parents that parking is likely to be a problem.

Also, if they can keep to the paths when spectating it will prevent confusion to the runners.

Runners will find their parents after the race.

They should not congregate at the finish line as there will lots of children finishing and we need to keep the area clear.

I will brief everyone prior to the first race.

SCHOOL:

[illegible]

