



District Cross Country 2014

Date and times

The District Cross Country Championships 2013 will be held at **Tadcaster Grammar School** on **Thursday 27th November 2014** from **9.45am to 12.30pm (registration from 9.45am)**. Schools can arrive from 9.45am, and for safety, all children should be dropped off in the school bus park to be escorted to the course. Buses can stay in the bus park for the duration of the event, however, as visitor parking is limited on the school site, parents must park on the road or in the school by the tennis courts which will be sign posted as they enter the main entrance of the school.

County Final

The North Yorkshire Cross Country Championships will be held on Wednesday 18th March 2014 (TBC) at Catterick Racecourse. Letters will be given to the first twelve with details of how to register for level 3.

Teams

The event is open entry for Years 3-6 – schools can bring an unlimited number of runners in each year group – however, some clusters are running an event prior to this in which you can then bring just your fastest children to the event. Our recommendation would be to bring 6 runners for each race or 1 full class for a particular year group.

Format

There will be 9 different competitions on the day:

Year 3 Boys	1200m	10.15 am (approx.)
Year 3 Girls	1200m	10.30 am
Year 4 Boys	1200m	10.45 am
Year 4 Girls	1200m	11.00 am
SEND race	800m (approx.)	11.15 am
Year 5 Boys	1500m	11.30 am
Year 5 Girls	1500m	11.45 am
Year 6 Boys	1500m	12.00 pm
Year 6 Girls	1500m	12.15 pm

The first 12 across the finish line will go through to the North Yorkshire Sport Final. With exception to the SEND race in which there is no pathway.

There will be 9 races in total, each race setting off every 15-20 minutes

At the end of each race there will be a tunnel for the children to run through, this is where the students will collect/write down race numbers in order in which they finish. ALL participants should be wearing a race number allocated to them (the bigger the better as this makes it easier for the leaders) **by you** prior to attending this event. The race numbers will be allocated once all the schools have registered the students on the online spread sheet. Please visit the link below obviously it's paramount that the correct number is on the correct child otherwise they will be given the wrong result.

https://docs.google.com/spreadsheets/d/1SE8fLKNOIkam7RftY7RQZ8Gw-2bhPpmP0QyQs_ENq5g/edit?usp=sharing

Course

Course maps will be available on the day, though the course will be marked and marshalled throughout by Sports Leaders from Tadcaster Grammar School, and two students will run at the front and back of each race.

Kit

The championships will be held outside, and the course will include sections on the school fields and the surrounding woods – therefore please ensure all runners have appropriate kit and footwear, together with sufficient warm and showerproof clothing. There are no changing facilities available on the day – therefore please ensure all runners arrive changed.

First Aid

Staff travelling with each school are responsible for any first aid required by any of their children – therefore please ensure you bring a first aid kit and any vital medication e.g. inhalers etc.

Toilets

Access to the toilets is available in school during the event, but children should be accompanied at all times.

Supporters

Friends and family of those competing are welcome to come and support their children and school – however, the start and finish areas are strictly for staff and competitors only.

Any questions, please don't hesitate to get in touch on the e-mail address below.

Stacey Howard

School Games Organiser