

2010/11 County Competition Standardisation – Athletics: Junior Cross Country



Competition Overview

Sport: Athletics

Format: Y3-Y6 Junior Cross Country

Date: 25th March 2011

Venue: Taverham Hall Preparatory School

Time: 12pm-3.30pm

County Final Contact Details

Stuart Brunton-Douglas

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PESSYP Links

- Leadership and Volunteering
- Gifted and Talented
- Club Links

Additional Information

Website Links

www.englandathletics.org

www.taverhamhall.co.uk

Regional Final Details: N/a

2009/10 Holders: West Norwich and Dereham School Sport Partnership

Competition Format

Each Partnership Team for the County Final will consist of 80 competitors:

- Y3: 20 competitors: 10 boys and 10 girls
- Y4: 20 competitors: 10 boys and 10 girls
- Y5: 20 competitors: 10 boys and 10 girls
- Y6: 20 competitors: 10 boys and 10 girls
- Distances will be in accordance with England Athletics recommended running distances for children.

A hare and a hound will lead competitors through the course. The course will include a clear run at the beginning and a steep incline up the toboggan run through the woods. The course will end at a finish line located at the beginning of a chute. ***Please brief competitors to ensure they stay in single-file in order of finishing through the chute.***

Team Manager's Role: It is recommended each partnership provides a team manager per year group or have sufficient help to ensure competitors have their race numbers attached. Team manager will be required to collate finishing positions (via raffle tickets) per race. As there are 8 races, more than one team manager is required.

County Standardisation forms and risk assessments are available for download via www.norfolkssp.co.uk

Competition Rules

Scoring:

- Each athlete will receive points for their finishing positions, i.e. 1st=1 point, 2nd=2 points, 3rd=3 points etc. Hence every children competing will score for their team.
- The partnership with the overall lowest amount of points will be declared the partnership winner.
- Any athlete that does not finish will receive the next available point slot after all the athletes have finished. I.e. if there was 60 athletes in the race, and 50 finished, the 10 athletes that did not complete the race would score 51, 52, 53, 54, 55 etc.
- Runners are not permitted to come into physical contact with each other. Any deliberate attempts to make physical contact with another athlete will result in disqualification.

Equipment

- Athletes are expected to wear appropriate clothing and footwear.
- Spikes are allowed to be worn if the athlete wishes, please note, part of the course does include a concrete path, however, there is sufficient room to run at the side.
- Athletes should run in shorts and T-shirt, preferably in partnership colours.