Year 5/Year 6 Cross Country

Arrangements:

Teams: One Yr 5/Yr 6 Girls team = maximum of 8 girls in a team.
                              Your first 5 girls finishing positions count for your team score
          One Yr 5/Yr 6 Boys team = maximum of 8 boys in a team.
                              Your first 5 boys finishing positions count for your team score

Clothing: All children must arrive in running kit/trainers.
                 Changing facilities will not be available on this date.

Course: The course is approx. 900m and the children are insight throughout. The course will be marked with cones and marshalled by Sports Leaders. A Sports Leader will run as the hare in front of the children.

How to complete your Schools Team Scores at the end of the race:
After crossing the finish line each runner will be given a ticket showing their finishing position. These must be collected & put into your team envelope. A results sheet is stapled on the front of your envelope. The positions of your first five children to finish are recorded and totalled to give your team score. The positions of your 6th, 7th and 8th runners are recorded but are not counted in your team score. The lowest team score wins. In the event of a tie the position of the 6th team runner will act as the decider. Completed envelopes must be returned to me promptly.
The boys race will start once all of the girls team envelopes have been handed in.

Toilets: In School. Children should be escorted by a teacher and a Sports Leader. When entering the building please take off muddy trainers.

Health & Safety:
- Asthmatic children to remember inhalers & carry inhaler in a secure pocket whilst running
- Children should bring a bottle of water
- Woolly hat & gloves advisable if cold/wet weather (no scarves)
- Hijab/head covering may be worn but must be secured at the back of the head and not across the front of the neck
- Jewellery must be taken off for the race
- Children to bring a plastic bag for muddy trainers and shoes to change into for walking back to school