**28th SSAA PRIMARY SCHOOLS’ ROAD RELAY CHAMPIONSHIPS 2014**

**DATE** Saturday 25TH October 2014

**VENUE** Grangemouth Stadium, Kersiebank Avenue, Grangemouth

**TIMES** Race 1 Primary Seven Girls 12:30pm (Declarations by 12:00pm)

 Race 2 Primary Seven Boys 1:00pm (Declarations by 12:30pm)

 Race 3 Primary Six Girls 1:30pm (Declarations by 1:00pm)

 Race 4 Primary Six Boys 2:00pm (Declarations by 1:30pm)

 AWARDS 2.30pm

Times are only approximate. Each Race will follow on from the completion of the previous one.

**AWARDS** Runners in the first, second and third teams in each race will receive an SSAA medal. The winning team in each race will receive a trophy, to be kept for one year.

**AGE GROUPS** The event is only open to Primary School pupils in Primary Six and Primary Seven. No one in Primary Five or First Year of Secondary education is allowed to compete.

**ENTRY** Each school may enter more than 1 team. If a school does not have

**CONDITIONS** enough boys or girls to make both a P6 and P7 team, then both age groups may be combined – in Races 1 and 2 (as in the SSAA Primary Schools’ Cross-Country Championships).

Each team consists of **three** runners. Individual runners cannot be entered as this is a team event, but if very small schools cannot enter teams, then, in exceptional circumstances, they can amalgamate. Please telephone before doing this – 01324 635531. At this stage, schools do not have to name the runners in their teams. They merely have to indicate which races and how many teams they are entering. The names of the competing runners, in running order, with dates of birth, must be submitted on the day of the Championships, on the forms which will be returned to you on receipt of your online entry.

**Entry must be made by 3rd October 2014 using the entry form on this website.**

**COURSE** The course, which is approximately one mile in length, is flat track/ash and is not suitable for spikes, which MUST NOT be worn. Each pupil will run a complete lap of the course. Take over is by touch not baton. The course is open for inspection from 11.15am.

**NUMBERS** School numbers will be provided but **pupils should bring their own safety pins for the numbers which should be worn on the front of the vest.**

**CHANGING FACILITIES** All competitors will be accommodated within the Stadium, but to help avoid congestion, it might be best if athletes could arrive already changed. Valuables should not be left in the changing rooms, which must be left clean and tidy.

**ENTRY FEES** The Entry Fee is £15.00 per team. Please make cheques payable to the “Scottish Schools Athletics Association” or “SSAA”, and send, with the form for entry money to David Lothian, 1 Griffiths Street, Falkirk, FK15AJ, **no later than 10th October 2014,** a week after the online closing date. On receipt of entry, each school will be sent a map of the course, final instructions and team declaration sheets. This can be done efficiently if schools enclose a stamped addressed envelope.

**ACCOMPANYING All schools must name the adult who is travelling with the team, in case of ADULT** **any emergency. If possible, schools are asked to nominate an adult prepared to officiate if necessary. No experience is necessary.**

**PLEASE NOTE THAT PACING OF RUNNERS IS NOT ALLOWED AND COULD LEAD TO DISQUALIFICATION.**