

30th SSAA PRIMARY SCHOOLS' ROAD RELAY CHAMPIONSHIPS 2016

- DATE** Saturday 22nd October 2016
- VENUE** Grangemouth Stadium, Kersebank Avenue, Grangemouth
- TIMES**
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|--------|---------------------|-----------------------------------|
| 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 CONDITIONS** Each school may enter more than 1 team. If a school does not have 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 Convener – Dave Lothian – before doing this. 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 1st October 2016 using the entry form on our 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** Numbers will be issued at Declarations & should be worn on the front of the vest. **Pupils should bring their own safety pins.**

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 issued on confirmation to Dave Lothian, **no later than 8th October 2016**, 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. BACS payments are acceptable but the form should still be returned as above.

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

NB The stadium is currently in the process of refurbishing number of area and there may be more restrictions than usual to movement on the day

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