

SSAA SECONDARY SCHOOLS' CROSS-COUNTRY CHAMPIONSHIPS

Hopetoun House Estate – SATURDAY 2nd MARCH 2019

The 41st Joint Cross-Country Championships will take place at Hopetoun House Estate, South Queensferry on SATURDAY 2nd March 2019.

EVENTS

a)	Group D	Under 14	Girls	12.45 p.m.	3,000m
b)	Group D	Under 14	Boys	1.05 p.m.	3,000m
c)	Group C	14 – 15	Girls	1.25 p.m.	4,000m
d)	Group C	14 – 15	Boys	1.45 p.m.	4,000m
e)	Group B	15 – 17	Girls	2.05 p.m.	4,000m
f)	Group B	15 – 17	Boys	2.25 p.m.	5,000m
g)	Group A	Over 17	Girls	2.45 p.m.	4,000m
h)	Group A	Over 17	Boys	3.05 p.m.	6,000m

All distances are approximate. The order of races is accurate, but the timing is only approximate.

AGE GROUPS

Group D born on or after 1.1.06 (must be in Secondary School)

Group C born between 1.9.04 and 31.12.05.

Group B born between 1.9.02 and 31.8.04

Group A born on or before 31.8.02

ENTRIES

All entries must be made online. On receipt of your online entry, you will be emailed confirmation and will be able to download the final instructions and a copy of the course map.

A school may enter as many runners as they wish in each category.

Entries are £8 per runner, with a Team element on the day of the First 4 to count.

Cheques should be made payable to: 'The Scottish Schools' Athletics Association' or 'SSAA'

Cheques should be sent to: Mr M Stringer, address contained in Confirmation Pack. Schools may also pay via BACS to:

SSAA: Sort Code: 30-25-83: Acc No: 00422248

Late entries cannot be accepted. Each entry **MUST** include the name of the accompanying adult who may be asked to officiate.

AFFILIATION

Schools should ensure that the affiliation fee of has been paid. It was due on 1st October 2018. Affiliation fees should be sent to Mr A W Robertson, Treasurer. Failure to do so could result in an entry being refused.

AWARDS

The first three finishers in each race will receive medals as soon as race finishes. Counting members of the 1st, 2nd and 3rd teams in each race will also receive medals. The winning school in each race will receive a trophy to be kept for one year. In the result of a tie in teams, it will be the team which is completed first. Team awards will be presented 30 mins after results are published.

SIAB INTERNATIONAL

SIAB International Cross-Country will take place at Santry, Ireland on Saturday 23rd March 2019

Pupils must be entered for our Championships to be considered for selection.

THE CLOSING DATE FOR ENTRY IS FRIDAY 8th FEBRUARY 2019

Mark Stringer
Convenor
sec_xc@ssaa.co.uk