

SSAA SECONDARY SCHOOLS' CROSS-COUNTRY CHAMPIONSHIPS

IRVINE – SATURDAY 10th MARCH 2012

The 34TH Joint Cross-Country Championships will take place at the Beach Park, Irvine (the Magnum Centre) on Saturday 10th March 2012.

EVENTS

a)	Group D	Under 14	Girls	1.00 p.m.	2,400m
b)	Group D	Under 14	Boys	1.20 p.m.	3,000m
c)	Group C	14 – 15	Girls	1.40 p.m.	3,000m
d)	Group C	14 – 15	Boys	2.00 p.m.	4,000m
e)	Group B	15 – 17	Girls	2.20 p.m.	4,000m
f)	Group B	15 – 17	Boys	2.40 p.m.	5,000m
g)	Group A	Over 17	Girls	3.00 p.m.	4,000m
h)	Group A	Over 17	Boys	3.20 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 1.1.99 (must be in Secondary School)

Group C born between 1.9.97 and 31.12.98

Group B born between 1.9.95 and 31.8.97

Group A born on or before 31.8.95

ENTRIES

FULL INSTRUCTIONS FOR ONLINE ENTRY ARE ENCLOSED. **THIS IS THE ONLY METHOD OF ENTRY. NO ENTRIES WILL BE TAKEN BY PHONE OR IN WRITING.**

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 submit up to eight named runners per age group, of whom all eight may run, with four to count for team places. Athletes may only compete in their own age group. Each school may enter only one team per age group, except in exceptional circumstances, when a 'B' team may be entered. 'A' and 'B' teams are not interchangeable.

Entry Fees are £10.00 per team; £3.00 for individuals. Please make cheque payable to SSAA and send the cheque to:

Mr AW Robertson, 7 Tay Crescent, Bishopbriggs, G64 1EU no later than Friday 17th February 2012, the closing date for entry. You may include the £40.00 affiliation fee (if this is still due) with the Cross-Country entry fees.

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

AWARDS

The winning school in each race will receive a trophy to be kept for one year. Counting members of the 1st, 2nd and 3rd teams in each race will receive medals. The first three finishers in each race will also receive medals.

INTERNATIONAL

SIAB International Cross-Country will take place at Strathallan on Saturday 31st March

THE CLOSING DATE FOR ENTRY IS FRIDAY 17TH FEBRUARY. 2012