

**Worthing Schools Cross Country Programme**

**2023**

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**Saturday 14th October 2023**

8.45am – 11.15 am

“The Gallops” – Worthing

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**Venue Information:**

“The Gallops”, Bost Hill, Vale Drive, Worthing

**Parking:**

Parents are requested to park on the opposite side of the A24 on Central Avenue then access the Gallops by using the pedestrian crossing. Parking near the school and in Bost Hill causes considerable disruption so please avoid these areas.

The best time to arrive for races is 30 min before arriving any earlier may cause unnecessary congestion.

**Toilets/Changing:**

Competitors need to arrive ready changed and with adequate warm and protective clothing. Competitors are encouraged to wear studded or spiked footwear. Toilets are provided in the Vale School.

**Refreshments**

Friends of the Vale school will be serving hot and cold refreshments

**Date and Times:**

Saturday 14th October 2023

8.30-8.50 am registration – 11.15am approx. finish

**Conditions of Entry:**

Age Groups:

* Year 3 Boys and Girls
* Year 4 Boys and Girls
* Year 5 Boys and Girls
* Year 6 Boys and Girls

Team Entries:

* You may enter 1 team per age group (unless otherwise agreed by the organiser)
* Each team will consist of a max of 16 pupils (8 Boys and 8 Girls per Year Group).
* All schools must bring 1 member of staff to act as team manager and collate team results.
* **Schools MUST bring TWO responsible adults to act as marshals.** The names of your marshals must be submitted when you register on the day. Marshals will then be informed of your schools marshalling position and responsibilities.

**Distances (approx)**

* Year 3 Boys and Girls: **800 m – 1 small lap**
* Year 4 Boys and Girls: **1200m- 1 large lap**
* Year 5 Boys and Girls: **1600m - 2 small laps**
* Year 6 Boys and Girls: **2000m - 1 small lap & 1 large lap (with the small lap first)**

**Scoring:**

The first 6 fastest Boys and first 6 fastest Girls results per year group will count towards the team total. For small schools (1 form entry or below) the first 4 fastest boys and girls will count.

**First Aid: Schools are responsible for their own First Aid provision. Please ensure you bring with you any medication required for students. Additional First Aid will be available by First Aiders based at central control**

**Notice to Competitors/Team Managers:**

* Please ensure you are on time for registration.
* To help children identify your schools’ location please bring your own school flag or collect your appropriate national flag from central control.
* Roped areas are out of bounds unless competing
* **DO NOT walk across the running course**.
* Report to the start line 5 minutes before your allocated race time
* **Please give results envelopes immediately back to the scorers. Thank you**

**Officials and Team Managers:**

Team Managers are responsible for the following:

* Encourage competitors to warm up and be aware of their course. Maps will be placed outside on the basketball court as well as in the Team Manager envelopes.
* Ensuring all competitors report to their races on time.
* Collecting and taking care of team valuables.
* Ensuring competitors do not go across the race course unless actually competing.

**Inclement weather**

Schools will be informed by midday on the 13th October if the event is to be rescheduled due to inclement weather.

**Programme of Races**

**8.30 -8.50: Arrival and Registration**

**9.00 am**: Yr 3 Girls

**9. 10am**: Yr 3 Boys

**9.20am:** Yr 4 Girls

**9.30am:**  Yr 4 Boys

**9.45am:**  **Year 3 and 4 Presentations**

**10.00 am:** Year 5 Girls

**10. 10 am:** Year 5 Boys

**10.20 am**: Year 6 Girls

**10. 45 am:** Year 6 Boys

**11.00 am: Year 5 and 6 Presentations**

**11.15 am Depart**

Thank you to all those schools who have entered and good luck to all the competitors!

******The Gallops Cross Country Course**

**PA**

**Results**

**Lost Children**

**First Aid**

**FINISH**

All races

**Distances**

**Yr3**: 1 x short lap

**Yr4**: 1 Long lap

**Yr5**: 2 x short laps

**Yr6:** 1 long & 1 short lap

**Key**

**Short lap**

**Long lap**

**START**

Marshal G

Marshal F

Marshal E

Marshal D

Marshal C

Marshal B

Marshal A

**Concrete**

**slab**

**Bost Hill Car Park**