

Cross Country Leagues (Teams) Rules

Entry https://www.letsgetahead.co.uk/primary-events	
Teams/Gender:	<ul style="list-style-type: none"> Schools can enter teams of 4 and / or individual runners. There is no limit to the number of runners a school can bring to the event. All teams must be accompanied by at least one member of staff from the school, who is responsible for registering all children and recording the results of all runners from their schools.
Event Format:	<ul style="list-style-type: none"> The race format will be identical for the weeks' of the Cross Country Leagues (Teams) format. The events will take place at App Frod Sports & Social Club / Brumby Hall. The first race will start promptly at 4.00pm, with the last race finishing at approx. 5.00pm. Races will take place around the grass football pitches behind the hockey / football astroturf. Please see map for details. Four races will be organised. <ul style="list-style-type: none"> 4.00pm start Year 3/4 Boys approx. 950m 4.15pm start Year 3/4 Girls approx. 950m 4.30pm start Year 5/6 Boys approx. 1900m 4.45pm start Year 5/6 Girls approx. 1900m A staff member from each school must escort their team to the start of each race to ensure all their athletes are present.
Scoring	<ul style="list-style-type: none"> The first 4 runners to finish will form a team score by adding their placings together: e.g. $1 + 4 + 12 + 15 = 32$. If there are another 4 runners who finish the race from the same school they will form the next team score: e.g. $17 + 21 + 23 + 30 = 91$. The points for each week of the Cross Country Leagues (Team) will be added together to create final team positions for results.
Results:	<ul style="list-style-type: none"> A staff member from each school will be required to record their athletes' finishing position by collecting the athlete's finishing disc at the end of the finishing funnel. They must place all discs in the envelope provided for each race, record the position on the front of the envelope, seal and hand this information to the recording team. Results will emailed to participating schools and posted on @nlschoolsport twitter page as soon as possible after the event.
Health & Safety:	<ul style="list-style-type: none"> At least one staff member from each school must supervise teams/ individuals whilst at the event site. One staff member must accompany teams/ individuals to the start of each race. Schools are responsible for their own first aid requirements.
NGB website:	<ul style="list-style-type: none"> https://www.esaa.net/
School Games resources:	<ul style="list-style-type: none"> https://www.yourschoolgames.com/app/sports/sport-format-resources/121/