



Suffolk School Games Virtual Cross Country Competitions 2020

In partnership with the Suffolk Schools' Athletics Association, the Suffolk PE & Sport Network (SPESN) is running a countywide, virtual cross country competition during the first half of the autumn term. Schools are encouraged to engage as many students as possible to complete the age-appropriate course distance on their site or an agreed alternative, either during curriculum time or after school.

Schools may complete the competition at any time before October half term, but the deadline for submitting results to the organisers is **Friday 23 October**. There are seven age groups and within each competition there are both individual (boys and girls) and team categories (mixed), with medals awarded to the top three in each category. School Games Organisers (SGOs) may distribute local rewards to schools competing from their area, but this is at the discretion of the SGO. Electronic certificates will be made available to all participants.

Rules

1. The cross country course should be measured accurately, ideally with the use of a measuring or trundle wheel and marked clearly for participants. *Your SGO may be able to assist with the measurement of your course. Please approach her/him to request their support.* Distances are as follows:

Years 1&2:	800m	Years 3&4:	1200m	Years 5&6:	1600m
Year 7:	2400m	Years 8&9:	3600m	Years 10&11:	4400m
Years 12&13:	5600m				

2. Participants may not have use of a pace runner

3. Teams may consist of as many athletes as desired. The times from the top five boys and top five girls in each age group will be used to determine the school's overall score.

4. Results must be submitted to www.suffolkschoolgames.co.uk by no later than **5:00pm** on **Friday 23 October**. All results must be submitted on the attached spreadsheet. A scoresheet is also attached for your use. Results will be published during the week commencing 2 November and awards will be distributed as soon after that date as possible.

Further Support

For those primary schools not confident of having the appropriate facilities to take part in the competition, it may be that a local public open space, sports club or secondary school could host an event. Approach your SGO for further guidance and support.

Attachments

Virtual Cross Country Score Sheet

Virtual Cross Country Results Spreadsheet

We want to use this event as an opportunity to promote the good work that we are collectively doing across the county to keep young people active. Please take photos, record video clips and submit them to your SGO so that we can all celebrate the achievements of the young people taking part in this event!

Let your SGO know if you have any questions. Good luck!

**Suffolk PE & Sport Network
September 2020**