

# MEDWAY SSG CROSS COUNTRY (Competitive Me): EVENT SPECIFICATION



Date: Thursday 7th October 2021

Venue: Capstone Country Park (enter via the Ski Centre entrance and park up the hill or in the ski centre)

Time: 9.30am-2pm (approx.)

Organiser: Claire Moore Tel: 07725724393  
[moorec@thehowardschool.co.uk](mailto:moorec@thehowardschool.co.uk)

Closing Date: Friday 24<sup>th</sup> September 2021 via [www.eventbrite.co.uk](http://www.eventbrite.co.uk)

## General:

- There will be two separate competitions running on the day, one for boys and one for girls.
- Entries will not be accepted after the closing date.
- Teachers are at all times responsible for the behaviour and conduct of the participants and supporters.
- Staff and officials should be treated with respect at all times.
- Referees and organisers decisions are final and should be accepted at all times.
- Teachers will be asked to assist throughout the day as some are needed as event stewards and all will need to gather all their pupil's places/results for the event organiser.

## Team Information:

- Teams must consist of at least 4 pupils (all 4 pupils must all finish to score as a school team in one age group), with a maximum of 6 pupils per team.
- More than one team can be entered per year group per school. All teams that finish will receive points/positions for the overall SSG series.

## Equipment:

- Participants should wear appropriate clothing and footwear for running cross country.
- There are no buildings (except the toilet block) for any shelter, so if it is wet, teams will need to bring their own water proof jackets and footwear.

## Races:

- The races will run as follows:
  - Year 7 Girls : 2450 metres
  - Year 7 Boys : 3000 metres
  - Year 8 & 9 Girls : 3000 metres
  - Year 8 & 9 Boys : 3800 metres
  - Year 10 & 11 Girls : 3800 metres
  - Year 10 & 11 Boys : 5500 metres
  - Year 12 & 13 Girls : 3800 metres
  - Year 12 & 13 Boys : 6800 metres

## Scoring Rules:

- Only the top 4 individual runners times, will be added together to determine the overall school winner in each event i.e. If a school has more than one team, only the top 4 runners' times (not those from team B/C) will be included.
- Individual medals will be awarded to the top 3 athletes in each category event.
  - There will also be overall school shields (1 for boys and 1 for girls) based on a combined scoring system incorporating all year group teams finishing positions. It is these positions that will count towards the overall Medway Secondary School Games series.