

Leicestershire and Rutland Schools' Athletic Association

Cross Country Season 2017 - 2018

June 2017

Please find enclosed the details for the 2017/2018 season. **The decision has been made to reduce the number of school league races from five to four** for the coming season.

The races for this season will be as follows:

League race 1 – 16th September – Charnwood College, Loughborough

League race 2 – 28th October – tbc

League race 3 – 18th November – Rutland Water (Sykes Lane site)

League race 4 – 2nd December – Brooksby College

County Schools Relays – 13th January – Rawlins Academy, Quorn

County Schools Championships – 3rd February – Ratcliffe College

Race times – The first race starts at 10.30am with the year seven age groups. Each race then follows at approximately 10-15 minute intervals (race times confirmed by individual venues on the day).

Conditions of Entry –

- Only schools and individuals affiliated to LRSAA are eligible to compete. This is particularly important with regard to insurance cover. Affiliation should have already been paid by schools. Please contact me if you require further information about affiliation for your school.
- No pre-entry is required on the day. Simply turn up on the start line at the correct time. Please ensure that results are submitted at the end of the race to allow results to be compiled.

Results –

- Please ensure that results slips are filled in with **all** athlete's full names and finishing positions, and are returned as soon as possible after each race to the team managers area.

Presentation of Trophies –

- Winning teams of each of the eight age/gender categories will be given a trophy to keep for the year. **Schools are responsible for engraving the trophy and ensuring that it is returned for the following year. If trophies**

are not returned the school will be responsible for financing the replacement of the trophy.

- Members of the three top finishing teams will be given a medal and certificate, as will the top three overall best runners in each of the eight age categories.
- Performances from **three of the four** league races will count towards league position.
- In the year 7 and Junior races (boys and girls), four runners score for a team.
- In the Inter and Senior races (boys and girls) three runners score for a team.
- Incomplete teams may claim last position once during the season (league races only).

English Schools' Team Selection –

- In the junior, intermediate, and senior age groups, eight places are available for selection.
- The top three athletes overall from the league competition will automatically be selected (three from four races to count).
- In the event of athletes tying for league positions, selection will be at the discretion of the team managers.
- If for any reason not all league races are held then selection will be at the discretion of the team managers.
- The top three athletes in the Schools' County Championships will also be selected **on the condition that they have completed a minimum of one league race during the season.**
- The remaining places will be decided upon by performances across the season: in the league, county championships, and inter-county races (if held).
- Selection will not be solely based on races outside of the school league/county championships.
- Athletes who are unable to compete in races, due to injury/illness for example, who believe they may be selected for the English Schools', must send a written explanation to Sally Hollingshead by Wednesday 7th February 2018. Their explanation will then be considered if they are in contention for a place.
- Selected athletes will be expected to travel to the English Schools on the team bus and/or stay overnight in the team hotel if required to do so. **No exceptions will be made.**

If you would like to offer your school as a venue for a future race then please contact me.

If you would like to be kept updated with results and future race information via email, can you please provide me with your email address.

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