

ACTIVE SCHOOLS SOUTH CROSS COUNTRY SERIES 2019 / 2020

Information Sheet

Listed below is a breakdown of how the Series will be conducted.

We are once again running a Cross Country Series this year to cater for all interested pupils in South Aberdeenshire that would like to enjoy a positive Cross Country experience. There will be 5 events across Aboyne, Banchory, Mackie, Mearns and Portlethen and pupils can decide to enter as many or as few events as they like.

P1 – P3 Fun Run

- This race will allow the younger sections of the school to participate in a small ‘race’ where they will be rewarded with a sticker when they finish. Race distance is approximately 500m.

P4 – S6 Races

- Pupils will be competing in their own age group (e.g. P4 boys) although on the start line they may start in groups (e.g. P4/P5 girls).

- The age groups are:

P4 boys	P4 girls	Race distance approximately 1100m
P5 boys	P5 girls	Race distance approximately 1100m
P6 boys	P6 girls	Race distance approximately 1500m
P7 boys	P7 girls	Race distance approximately 1500m
S1 – S3 boys	S1 – S3 girls	Race distance approximately 3000m
S4 – S6 boys	S4 – S6 girls	Race distance approximately 3000m

Participation Awards

- All P1 – P3 will receive a sticker for their participation at each race.
- Certificates will be awarded at the following levels to all P4 – S6 participants:

Attending:	One event = ‘Bronze’
	Two events = ‘Silver’
	Three events = ‘Gold’
	Four events or more = ‘Cross Country Champion’

Race Medals (P4 – S6)

- The pupils who come 1st, 2nd and 3rd in each age group will receive a medal at the end of their race. For example: the 1st, 2nd, 3rd P6 boys who come over the line will receive medals.

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What happens after the series? (P4 – S6)

- Once the series has finished in June, attendances will be collated and one certificate will be sent to school with pupils' participation level.

Event Details

- Details of each event will be emailed out to you before the start date, this will include venue location, specifics of parking, race order and any other relevant details.

Useful information

- Please be aware, there will be car parking restrictions at each of the events.
- There will be no toilet facilities available at any of these events unless otherwise stated.
- Parents / carers are responsible for the supervision and care of their children out with the duration of their chosen race. Active Schools staff, volunteers and marshals will do their utmost to ensure the safety and wellbeing of all children while participating in the cross country races.
- First Aid will be available at each event and will be administered by a qualified first aider where required (unless otherwise stated on registration form).
- The Active Schools team reserves the right to cancel an event should the course be deemed unsafe (due to adverse weather etc). In this instance all participants will be notified by 5pm, 24hrs before the event begins. The Active Schools team will attempt, where appropriate, to rearrange the event. However, should an event be cancelled adjustments to the Series will be made accordingly. You will be notified by email and there will be a post on our Facebook page.
- There will be a limited amount of spaces available for each age group in each race. A waiting list will be established if required and the Active Schools team reserve the right to allocate places accordingly.
- Updates will be posted on our Facebook page before and after each event, so please look out for photos, videos and other useful information being posted. (www.facebook.com/ActiveSchoolsAberdeenshireSouth)
- Any questions or queries regarding the Cross Country Series, or Active Schools in general, should be made to: activeschoolssouth@aberdeenshire.gov.uk