

CROSS COUNTRY RUNNING

Virtual Competition

SCHOOL
GAMES

Introduction:

Each school will provide a 5 week block of cross country, either in lessons or as an extra-curricular club and time each individual child for a minimum of 3 runs over the 5 weeks.

Schools then submit their results to the local SGO who will provide district results.

There are several competitions to enter...

District Competition:

The best 4 boys and 4 girls from each year group will be entered into the virtual district competition. Times will be ranked against all other district schools.

The top 2 teams from the virtual district competition will qualify for the face-to-face County Final at Keele University on 25th June 2021.

Challenge Format:

This is based on individual improvement over the 5 week block and the pupil who makes the most progress wins.

The winning individual in the Challenge Format will progress to the Virtual County Final.





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Teams

Each team is made up of 4 children in the same year group.

There are separate teams for boys and girls.

Distances

We are relying on school staff to ensure the distances you ask the children to run are as accurate as possible:

Year 3 will compete over 400m

Year 4 will compete over 600m

Year 5 will compete over 800m

Year 6 will compete over 1000m

Important!

The races must take place in a 5 week consecutive block. As many schools have planned their curriculum before the knowledge of this competition, the 5 week period can take place in either the Autumn or the Spring terms. The closing date for results to be submitted to SGOs is Friday 26th March 2021



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Recording Results

We have produced an Excel spreadsheet for you to record your results in, there is a separate tab for each year group.

When entering times please convert all times to seconds only, e.g. 3 minutes 40 seconds = 220.

Don't use decimal points!

Most cells on the spreadsheet are locked because they have formulas to calculate the results. You only need to enter names and times.

When complete, email the file to your SGO.

