**Bournemouth Virtual Cross Country Challenge**

Deadline- 11th December 2020

**Cross Country School Challenge**

**Aim**

The aim of this event is to support schools in providing opportunities for students whilst providing a sense of connectivity with other schools

**Format:**

* Each year group will run a set distance (please see below)
* Each student will take part within their bubble.
* Use a suitable course on your school site. Either outdoors or shuttles if using an indoor space.
* Time the runners.
* Select your 12 fastest times in each year and gender group eg year 7 Boys, Year 7 girls etc
* Add 12 fastest times to the record sheet (one record sheet per year and gender group).
* Times will be collated to make a Bournemouth league table and may go forward to represent the area in the county round.
* Please also complete the data sheet with the number of participants.

**Age appropriate distances**

|  |  |
| --- | --- |
| **Year Group** | **Distance to travel** |
| Year 7 & 8 | 1200m |
| Year 9 & 10 | 1600m |
| Year 11 | 2000m |

If you need any more information please let me know.

Thank you

Sarah Dunsford

School Games Organiser- Bournemouth

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**CROSS COUNTRY CHALLENGE- data sheet**

|  |  |  |  |
| --- | --- | --- | --- |
| School Name |  | | |
| Year Group | **Number of boys completing the course** | **Number of girls completing the course** | **Total distance completed by the year in metres** |
| Year 7 (1200m) |  |  |  |
| Year 8 (1200m) |  |  |  |
| Year 9 (1600m) |  |  |  |
| Year 10 (1600m) |  |  |  |
| Year 11 (2000m) |  |  |  |
| Totals |  |  |  |
| Total distance covered by your school is metres | | |  |

Please email complete record sheet to [sarah.dunsford@avonbourneacdemy.org.uk](mailto:sarah.dunsford@avonbourneacdemy.org.uk)

**TOP 12 TIMES (please complete one sheet per year group and gender)**

**School Name…………………………………………………………………………………**

|  |  |  |
| --- | --- | --- |
| **Gender** | **Year** | **Time** |
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Please email complete record sheet to [sarah.dunsford@avonbourneacdemy.org.uk](mailto:sarah.dunsford@avonbourneacdemy.org.uk)