

***PRIMARY CROSS COUNTRY RULES***

*At each race meeting, two races will be ran, one for girls from Years 4-6*

*and one for boys from Years 4-6.*

*You can bring as many children from Years 4-6 as you would like, for the boys race your first 4 boys to finish will count as your first team, your second 4 to finish will be your second team and so on. You can bring less than 4 boys and they will run as individuals. The girls race will be ran in the same way.*

*All teachers will be given an envelope with a score sheet in. When each child finishes the race they will be given a number (their finishing position). Again using the boys race as an example, you would add your lowest four numbers together and put this score on the scoresheet, this is your first teams score. You would then add your next four lowest numbers together and put this on the scoresheet, this is your second teams score and so on.*

*If you have less then four boys running please still put their individual finishing numbers on the scoresheet (but don’t add them up), as the first overall 5 to finish in the race will receive a medal and be recognised in the overall results.*

*Prompt start 4.00pm*

*All children will run the same distance, approximately 1 mile*

*Tops must be kept on during race*

*Other team members / parents must not run alongside runners*

*Cones for parent area*

*Envelopes must be completed, added up and handed in as soon as possible to race organiser*

*Schools do not have to attend every race night but must let the organiser know if unable to attend a race*