**Cross Country (Secondary)**

**Inter-School Competition**

**Recruitment**

* The winning team from each inter-school competition will qualify for the County final (Virtual)
* The winning individual in the ‘Challenge’ format will qualify for the County Final (Virtual).

**Eligibility**

* Any pupil in Year 7
* Any pupil in Year 8/9
* Any pupil in Year 10/11

**Team Requirements**

* Each boys team should consist of 4 boys. The top 4 pupils will be entered into the competition and all other pupils will be in the challenge event.
* Each girls team should consist of 4 girls. The top 4 pupils will be entered into the competition and all other pupils will be in the challenge event.

**Competition Format**

* The competition will take place over a half term / term (a minimum of 3 and maximum of 5 races can be run).
* Each week (during PE lessons or outside of lessons) pupils will run a cross country race and teachers will collate all times.
* The times of each pupil will be combined, where the lowest combined time is the winner.  Each pupil must run at least 3 races and the teacher must submit at least 3 times.  If 5 times are submitted the 2 slowest times are removed.
* **The Competitive Format** - The 4 best runners from each year group in your school will be entered into a virtual District competition, where times will be ranked against all other District schools.  The top 3 runners in each district will be placed.
* **The Challenge format**- this is based on pupil’s improvement over the 3-5 weeks & the pupil that makes the most progress wins.  Again, they must do at least 3 races.
* **Team Competition** - The top 3 team in each district will be placed.
* There will be 6 separate races:

* Year 7 boys race
* Year 7 girls race
* Year 8/9 boys race
* Year 8/9 girls race
* Year 10/11 boys race
* Year 10/11 girls race

**Recording Times**

* We have produced an excel spreadsheet for schools to complete for each race, there is a tab for each year group.
* You must use full names and when you enter the times, please convert the time to seconds only, e.g. 3 minutes 40 sec = 220
* Please do not use decimal points.
* The most cells on the spreadsheet are locked.  This is because they have formulas that will work out the 3 best times and the progress of each child, so you just have to enter the times and let excel do the rest.
* Complete this fully and email to your SGO.

**Participating from Home**

* Participants will be required to accurately measure the distance that you will be running around your home based on the year group you are in.
* It is advised that your route is as flat as possible.
* Once you have recorded your results, they will need to be sent to your class teacher so they can add them to the scores spreadsheet.
* You can submit up to 5 times for runs that you have done for the Personal Challenge and we will use your fastest time to enter you into the competition.
* If participating from home, distances can be measured using the following:
  + Strava (phone app)
  + Runkeeper (phone app)
  + Measure an area to run around

**County Final Progression and Rules**

**County Final 1- The Challenge Format (Virtual)**

This competition is for those pupils who have shown the most progress in the ‘Challenge’ format. School Games Organisers will submit their top individual pupils for:

* Year 7 boys
* Year 7 girls
* Year 8/9 boys
* Year 8/9 girls
* Year 10/11 boys
* Year 10/11 girls

The Active Partnership will then collate the results from across the County and medals will be given to 1st, 2nd and 3rd place individuals.

**County Final 2- Team Cross Country** **(Virtual)**

School Games Organisers will submit their winning team times for their areas in the following races:

* Year 7 boys
* Year 7 girls
* Year 8/9 boys
* Year 8/9 girls
* Year 10/11 boys
* Year 10/11 girls

The Active Partnership will then collate the results from across the County and a trophy will be given to the winning team along with 1st, 2nd and 3rd medals.