**Cross Country (Year 3, 4, 5 & 6)**

**Inter-School Competition**

**Recruitment**

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

**Eligibility**

* Boys & Girls in Year 3
* Boys & Girls in Year 4
* Boys & Girls in Year 5
* Boys & Girls in Year 6

**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**

* Those pupils that finished below 4th place will be entered into a virtual District challenge competition, where their progress will be ranked against all other District schools. The top 3 runners in each district will be placed and have medals
* 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 teams in each district will be placed. The top 2 teams from each district will go through to the County Final
* Year 3 competition will compete over 400m
* Year 4 competition will compete over 600m
* Year 5 competition will compete over 800m
* Year 6 competition will compete over 1000m
* There will be 8 separate races:
  + Year 3 boys race
  + Year 3 girls race
  + Year 4 boys race
  + Year 4 girls race
  + Year 5 boys race
  + Year 5 girls race
  + Year 6 boys race
  + Year 6 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)

**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 3 Boys
* Year 3 Girls
* Year 4 Boys
* Year 4 Girls
* Year 5 Boys
* Year 5 Girls
* Year 6 Boys
* Year 6 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.

**Competition Format *(TEACHERS- PLEASE NOTE THE INCREASE IN DISTANCE COMPARED TO THE INTER-SCHOOL COMPETITION)***

* Year 3 competition will compete over 600m.
* Year 4 competition will compete over 800m.
* Year 5 competition will compete over 1200m.
* Year 6 competition will compete over 1600m.
* Teams will be made up of 4 boys and 4 girls.
* There will be 8 separate races:
  + Year 3 boys
  + Year 3 girls
  + Year 4 boys
  + Year 4 girls
  + Year 5 Boys
  + Year 5 Girls
  + Year 6 Boys
  + Year 6 Girls

**Rules**

The 3 quickest times from the 4 runners for each team will be used to determine the overall team winner.

**Closing date: 28th May 2021**