

CROSS COUNTRY RUN

THIS IS A 2 KM RUN

There will be one (1) boys race and one (1) girls race open to grade 6 elementary students who have trained and are capable of running the race. The terrain consists of two hills which are steep. The Race goes on rain or shine

DATE: Walk Around is on your own at **12:30 p.m.**

PLACE: Parc des Hirondelles (near Our Lady of Pompei Elementary School – St. Michel district)

MEET RULES

START OF RACES:

1:15	Girls to start line.
1:30	Girls Race 2 Km
1:35	Boys to start line.
1:50	Boys Race 2 Km

1. Students **must** be at the start line **15 minutes before** the start of the race.
2. Students must line up by school with the fastest runners in the front, slowest runners behind.
3. The race will be started in the following manner.
 - (a) Starter lines up runners
 - (b) Starter counts number of starters
 - (c) Starter explains run
 - (d) Starter says “On your Mark”
 - (e) Starter pistol goes off
4. Students should be told that there is often pushing and shoving at the start of race.

COURSE

Runners will start on the path. At every intersection of paths a **spotter with an Orange vest** will direct runners.

Please make sure children are dressed appropriately and come prepared for rain, and have warm clothes to wear before and after the race. Remember it can be quite cold at 3:30 p.m.

1. **Spiked shoes are not permitted**

2. Adults required

Each participating school is required to provide one supervisor/coach (competent official)

3. No. of participants

Schools may enter a maximum of 15 Boys and 15 Girls

The number of runners per race is limited because the 2 Km is difficult with several up and down hills. Students must be physically and mentally prepared to race.

4. **Team Concept:** (The finish position of the 1st 6 runners will be added together)
1. The team with the lowest total will be presented with a banner.
 2. 1st 6 runners in 1st place team will receive 1st place ribbons.
 3. 1st 6 runners in 2nd place team will receive 2nd place ribbons.
 4. 1st 6 runners in 3rd place team will receive 3rd place ribbons.
 5. Individual awards (ribbons) will be given to the top 6 runners.
 6. Times will be given for 1st 10 finishers

OFFICIALS REQUIRED

- 1 Starter
- 2 Timers = 2 Recorders
- 2 Finish Line Judges
- 1 Tagger
- Spotters

NB EVERY SCHOOL MUST HAVE THEIR STUDENTS CLEARLY & EASILY IDENTIFIABLE:

THAT IS, T-SHIRT WITH SCHOOL NAME IN ORDER TO PARTICIPATE, OTHERWISE STUDENTS CANNOT PARTICIPATE.

STRATEGY

Cross Country Run requires an **ability** to run as well as good **strategy**. Know the strengths of each runner and work out the best areas for the better runners to pass other runners.

ETIQUETTE

Runners are expected to allow faster runners by on the path. There is no question of hitting or blocking the path of another runner.

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Page Break