



Cornwall Schools Athletic Association

**Hon. Treasurer &
Cross-Country Secretary**

John Knowles
Holmwood
Bodmin Road
TRURO
TR1 1BE

Tel:01872 263541

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www.cornwallathletics.org/csaa

To the Head of Physical Education or Teacher responsible for Athletics Development

The Cornwall Schools Cross Country Championships 2011

Will be held at

Truro School on Saturday 22nd January 2011

By Kind Permission of Mr Paul Smith (Headmaster)

Information Sheet

Entries & Age Groups - All age groups along with Dates of Births for both Girls and Boys should be entered on the attached entry forms.

Please Note: There will be separate individual races for Year 7 athletes. In the Year 7 and Junior (Years 8 & 9) age groups a maximum of (10) athletes from each school may be entered with (4) to score in the team competition.

In the Intermediate age groups (Year 10 & 11) and Senior age groups (Year 12 & 13 only) unlimited entries from each school will be accepted. There is a minimum of (3) athletes to score for the team.

Entry Fee is £2.00 per Athlete

All entry fees to be paid by **Cheque**, payable to **Cornwall Schools Athletic Association or CSAA** and forwarded to along with the entry form to the meeting organiser John Knowles to the address at the top of this letter.

The closing date is Monday 20th December 2010 – There will be no acceptance of late entries either by Fax or telephone. Please ensure you complete the entries in time as it's the athlete that misses out not you!

Awards

Medals will be awarded to the first three finishers in each age group category. Team medals will be awarded to each winning team. Where there are more than six (6) finishing scoring teams, medals will be awarded to the second finishing team. If there are more than eight (8) finishing scoring teams medals will be awarded to the third finishing team.

Team trophies to be returned at the declaration desk inside of the marquee

The Presentation of all medals will take place in the marquee at the conclusion of all the races. All individual medal winners and team medalist are encouraged to remain for the presentation

Parking

Parking is available for a limited number of minibuses outside of the Sports Hall. There is no parking for Coaches. There will be parking for cars on the netball courts as directed by staff from Truro School.

The Course

The course is all on grass and athletes can wear spikes (12mm spikes will be sufficient) A Map of the course is attached (Appendix 'A').

Race Programme/Timetable

9.00 - 10.00am – Team Declaration. All team managers must hand in their team or individual declaration sheets at the marquee.

10.30 am	Intermediate Girls (Year 10/11) & Senior Girls	1 Medium Lap + 1 Large Lap – 4045m
10.50 am	Year 7 Boys	1 Small Lap + 1 large Lap - 2940m
11.00 am	Year 7 Girls	1 Large Lap - 2300m
11.15 am	Intermediate Boys (Year 10/11) & Senior Boys	2 Medium Laps + 1 Large Lap - 5790m
11.35 am	Junior Girls (Year 8/9)	2 Medium Laps - 3490m
11.50 am	Junior Boys (Year 8/9)	1 Med Lap + 1 Large Lap - 4045m

Running Apparel

All athletes must wear appropriate RUNNING clothing ie School Vest and appropriate shorts. **No athlete is permitted to wear Athletic Club vests.** All athletes must wear the race number provided on the front of the vest attached with four (4) safety pins on in each corner of the number. Please bring your own safety pins.

Team Managers

All schools must nominate a Team Manager when submitting entries. Only the nominated team manager will be allowed to collect the athlete's numbers from the declaration desk at the marquee. Additionally the team manager will be responsible for the welfare of all athletes from their respective school or college. If a parent is acting as team manager on behalf of a school please ensure they are familiar with the procedure and ensure they have a copy of this information

This information will be posted onto the new Cornwall Schools Athletic Association website which can be found at the following address www.cornwallathletics.org/csaa

Important Dates

South West Schools Cross Country Championships – Saturday 12th February 2011.

This years championships will be at Ilton, Near Taunton. (This venue will be the venue for the English Schools Championships 2012)

English Schools Cross Country Championships – Saturday 20th March 2011.

These championships will be held at Wollaton Park, Nottingham.

SIAB International Schools Cross Country Championships – Saturday 26th March 2011.

This years championships will be held in Ireland. They have a huge task, following last year's very successful championships held at Truro School.

John Knowles

Cornwall Schools Cross Country Secretary

Entry Form - Year 7 Girls & Boys

Must be 12 years and under 13 years at Midnight 31st August/1st September 2011

Name of School

<u>Girls</u>			<u>Boys</u>		
No	Name of Athlete	Date of Birth	No	Name of Athlete	Date of Birth
1			1		
2			2		
3			3		
4			4		
5			5		
6			6		
7			7		
8			8		
9			9		
10			10		

The closing date is Monday 20th December 2010

Each School/College MUST nominate a Team Manager

Entry Form – Junior Girls & Boys (Year 8 & 9)

Must be 13 years and under 15 years at Midnight 31st August/1st September 2011

Name of School

<u>Girls</u>			<u>Boys</u>		
No	Name of Athlete	Date of Birth	No	Name of Athlete	Date of Birth
1			1		
2			2		
3			3		
4			4		
5			5		
6			6		
7			7		
8			8		
9			9		
10			10		

The closing date is Monday 20th December 2010

Each School/College MUST nominate a Team Manager

Entry Form - Intermediate Girls & Boys (Years 10 & 11)

Must be 15 years and under 17 years at Midnight 31st August/1st September 2011

Name of School

<u>Girls</u>			<u>Boys</u>		
No	Name of Athlete	Date of Birth	No	Name of Athlete	Date of Birth
1			1		
2			2		
3			3		
4			4		
5			5		
6			6		
7			7		
8			8		
9			9		
10			10		

The closing date is Monday 20th December 2010

Each School/College MUST nominate a Team Manager

Entry Form – Senior Girls & Boys (6th Form) Years 12 & 13 Only

Must be 12 years and under 19 years at Midnight 31st August/1st September 2011

Name of School

<u>Girls</u>			<u>Boys</u>		
No	Name of Athlete	Date of Birth	No	Name of Athlete	Date of Birth
1			1		
2			2		
3			3		
4			4		
5			5		
6			6		
7			7		
8			8		
9			9		
10			10		

The closing date is Monday 20th December 2010

Each School/College MUST nominate a Team Manager