

# TRAFFORD ATHLETIC CLUB

## SCHOOLS CROSS COUNTRY RACES 2018/19

Saturday September 22<sup>rd</sup>

Saturday November 24<sup>th</sup>

Saturday January 19<sup>th</sup>

Saturday March 2<sup>nd</sup>

Saturday March 9<sup>th</sup> (Relays)

Secondary Schools 10.30 start, all ages years 7 to 9 – 2500 m approx.

ALL run together, separate awards

Primary Schools 10.45am start

Separate races for Girls and Boys , Years 5 and 6

PLEASE NOTE the COURSE has 400 metres of tarmac on it and may not be suitable for spikes

AWARDS are for 1<sup>st</sup> 3 Individuals in each race, and 1<sup>st</sup> 3 Teams (of 3)

No PRE ENTRY is necessary, just turn up on the day

Information re Relays in March, will be sent out nearer the time

There is a Parkrun held in Longford Park every Saturday at 9am, which will be finished by the time the Schools events begin, but early arrivals might find parking congested.

Any queries to Sue Exon at [sueexon@hotmail.co.uk](mailto:sueexon@hotmail.co.uk)

NOTE ALL SECONDARY SCHOOL  
ATHLETES WILL RUN TOGETHER AT  
10.30am

MEDALS AND CERTIFICATES WILL BE  
AWARDED AFTER THE EVENT

SPIKES NOT RECOMMENDED

PRIMARY SCHOOL RACES will start at  
10.45am

Team Managers/Teachers should collect a recording sheet from Registration

Finishing tickets will be given out as athletes finish and should be taken to Team Managers/Teachers, so that they can be recorded.

Recording Sheets should be handed in to the finish by Team Managers/Teachers asap after the end of each race.

Athletes competing as INDIVIDUALS should hand their ticket name and school in at the finish.