

## LD Cross Country 2019

### LD Cross Country Finals:

**Venue:** Mote Park, Mote Avenue, Maidstone, ME15 7SU

**Date:** Wednesday 1<sup>st</sup> May

**Time:** 10:00 – 12:00

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### Year group races and Race Distances

Year 5/6 Boys – 1km (boys in year 7/8 that require additional support/have severe LD may run in this race)

Year 5/6 Girls – 1km (girls in year 7/8 that require additional support/have severe LD may run in this race)

Year 7/8 Boys – 1.5km (boys in year 9/10 that require additional support/have severe LD may run in this race)

Year 7/8 Girls – 1.5km (girls in year 9/10 that require additional support/have severe LD may run in this race)

Year 9/10 Boys – 2km (boys in year 11 that require additional support/have severe LD may run in this race)

Year 9/10 Girls – 2km (girls in year 11 that require additional support/have severe LD may run in this race)

Year 11 – 14 Boys – 2km

Year 11 – 14 Girls – 2km

### **The Course**

The course is mainly grass and pathway.

### **Spectators**

Spectators should stay behind the roped off and taped areas at all times.

### **Entries, Medals & Team Scoring**

Schools may enter as many athletes as they wish across the 8 races.

Medals & goodies will be presented to the 1st, 2nd and 3rd individuals in each race and the first team in each race.

The team score will be your first three competitors to cross the finishing line.

Every child will receive a certificate to say they have competed in these championships.

### **Chip Timing**

Each athlete will be allocated a timing chip which will record their finishing position and race time. There will also be 'Live online results' on the day. It will be the responsibility of each school to



ensure all timing chips are returned to the event organisers at the end of the competition. Failure to return the timing chips at the end of the event will incur a fee of £50 per item.