

NORTH SOMERSET ATHLETIC CLUB AND ACADEMY

CROSS- COUNTRY RELAY CHALLENGE 2015

WHAT IS THE CROSS-COUNTRY RELAY CHALLENGE?

Teams of four are required to complete a lap each of the course in a relay style. Ideally Athletes to be same-sex, same-age, but happy to accommodate mixed ages/teams to ensure everyone gets a run! This will be the 13th running of the event, and has proved extremely popular. Fancy dress, whilst not compulsory, is definitely expected!

GENERAL DETAILS

Clevedon Secondary School - Saturday September 26th 2015 – 10.00am – 12.00pm
Cost £4 per athlete - Discounted price of £2 per athlete for current NSAC/NSAA Members

PROVISIONAL TIMETABLE

- Registration - 9.00am - 9.45am - Registration closes at 9.45am (No more entries)
- School Years 7-8 - 10.00am - 1200m each - 2 large laps of field (boys and girls race together)
- School Years 5-6 – 10.30am - 800m each – 1 large lap and 1 small lap of field (Separate boys and girls race if more than 10 teams enter)
- School Years 2-4 – 11.30am - 600m each - 1 large lap of field (Separate boys and girls race if more than 10 teams enter)
- Presentations - 12.00am

PRIZES

Trophy for winning team in each category
Medals for first three teams in each category
Prize for fastest leg Athlete in each team
Prize for best fancy dress team
Prize for best team names

WHAT NEXT? (TEAMS)

Organise your team. Agree a team name, discuss fancy dress possibilities. Email your full team to chrisbtg@blueyonder.co.uk no later than Thursday September 24th 2015.

WHAT NEXT? (INDIVIDUALS)

At least half the athletes competing will not have full teams, and we will need to organise this for them. Many of these win medals, so definitely worth emailing for us to sort out a team for you (even if it's on the day!) chrisbtg@blueyonder.co.uk

WHO CAN COMPETE?

Anyone from school year 2 -8 is welcome. Why not speak to friends in school, or from other sporting teams you are part of?

COMMENT

Whilst there will be some fantastic Athletes on show, this is designed as a fun event, and an introduction to Cross-Country for many. It is not meant to be a serious Championship event, so we request that all Athletes are supported 'equally'. Walking, for some, will be inevitable. This is not an event to be worried about. Come along, smile and enjoy!

TEAS/COFFEES ETC

There will be a full range of teas, coffees, cakes and Club merchandise for sale. Please use this. All monies raised will go towards the 'Back the Track' appeal

WHAT NEXT?

Please complete attached form for full teams, or email to let us know you wish to compete but are unable to organise a team (we will sort teams for you)

www.nsac.org.uk

www.nsaa.me.uk

NSAC/NSAA CROSS-COUNTRY RELAY 2015
TEAM CONFIRMATION

We have confirmation of our team, members are listed below.

TEAM NAME _____

AGE CATEGORY _____

ATHLETE 1 _____

ATHLETE 2 _____

ATHLETE 3 _____

ATHLETE 4 _____

Please sign below to confirm you are happy for your children to take part. The course will be set up with full risk assessments, but we cannot take responsibility for any injuries that may occur along the way (due to the nature of a cross-country competition)