

SSAA Secondary Cross Country Championships

Saturday 17th March 2018 at Hopetoun House Estate, South Queensferry

All competitors should follow signs to declarations. Declarations will be open from 10am and will close at 12 noon. Programmes will be on sale here at a cost of £2.

Each competitor will have an individual number which must be worn on the FRONT of a school / International / plain vest. Club vests or clothing advertising alcohol are not allowed. Competitors should provide their own pins (4 per number)

Changing accommodation: There is no accommodation for changing.

Supervision of pupils: With approximately 1200 competitors taking part in the event, the responsibility of supervision falls to the accompanying school representative. We request that every effort is made to keep the venue free from litter and in a tidy condition. Litter bins will be provided throughout the course.

Courses: The courses are suitable for spikes and will be open for inspection and warm up from 11.15am to 12 noon. A map will be displayed at the venue and will also appear in the programme.

Race schedule:	12.45pm – D Girls (U14)	2.05pm – B Girls (15-17)
	1.05pm – D Boys (U14)	2.25pm – B Boys (15-17)
	1.25pm – C Girls (14-15)	2.45pm – A Girls (O17)
	1.45pm – C Boys (14-15)	3.05pm – A Boys (O17)

Assembly: Competitors should assemble in the appropriate area when their race is announced. They will then be taken by the Mark Steward to the Start. Team competitors must return their finish place card to their accompanying adult for recording purposes.

Refreshments: Catering vans will be selling hot food and refreshments

Parking: Coaches please follow the brown road signs for Hopetoun House, all other vehicles are requested to use BANKS ROAD which is off A904. There will be stewards to help direct cars and coaches to the specific parking areas.

First Aid: This will be provided by Ambulance Scotland and will be based behind the start area. They will be in Radio contact with the Course Stewards.

Results: These will be displayed on the wall beside declarations.

Selection: The SIAB Cross Country International between England, Ireland, Scotland and Wales, taking place at Nottingham, England on Saturday 24th March 2018.

The first 10 finishers in the C, B & A group races should report to the Announcers car to complete selection availability. Filling in the availability form does **not** guarantee selection. Successful athletes will be notified via email and their Head Teacher will be informed.

Officials: SSAA are grateful to the schools who regularly provide assistance at our events. Unfortunately, the number of people coming forward is getting smaller and we would ask that any adult attending the event offers us some time to be given a duty. Those named will be required to steward on the day.

Awards: The first three finishers in each race will receive medals as soon as race finishes. The 4 counting members of the 1st, 2nd and 3rd teams in each race will also receive medals. The winning school in each race will receive a trophy to be kept for one year. Team awards will be presented 30 mins after results are published.

Please note that live animals roam the estate and therefore no dogs are allowed on the grounds except Guide dogs. Hand sanitiser will be provided at various points throughout the course

Directions:

Hopetoun House Estate is situated west of the two bridges crossing the Firth of Forth, (on the south side)

Coaches should follow the brown road signs and access via Society Road.

Cars should approach via the A904. Take the turning opposite Duddingston Farm. Continue for 590 metres then turn left into the estate at Lady Sarah Cottage. Follow the road around to the right and continue until you reach Society Road (the main access road) Turn left and continue to the car parking area at the front of the main house.

The routes are shown on the accompanying maps. Coaches follow the red dotted line. Cars follow the blue dashed line.

Mark Stringer

Convenor