

Afan Nedd Tawe Secondary Schools & Colleges Cross Country Relays
Monday 17th October 2016 @ Cwrt Herbert, Neath, First Race 4pm



TIMETABLE

4.00pm Year 7 Girls/Boys	3x1000m	3000m
4.20pm Year 8/9 Girls/ Boys	3x1000m	3000m
4.40pm Year 10/11/12/13/14 Girls/Boys	3x1000m	3000m

SCHOOLS & COLLEGES

St JOSEPH'S	BAE BAGLAN	BISHOPSTON	BISHOP VAUGHAN	DYFFRYN
BISHOPGORE	OLCHFA	CEFN SAESON	LLANGATWG	CYMER AFAN
PENYRHEOL	GWYR	DWR-Y-FELIN	N.P.T. COLLEGE	GOWERTON
FFYNONE	CEFN HENGOED	MORRISTON	DYLAN THOMAS	PONTARDDULAIS
CWMTAWE	BIRCHGROVE	BRYNTAWE	PENTREHAFOD	YSTALYFERA
GOWER COLLEGE				

RULES & INFORMATION

1. Schools and colleges taking part must be affiliated to the Afan Nedd Tawe Schools Athletics Association.
2. **No athlete is allowed to compete unless a member of staff from their school present.**
3. The assistance of staff in officiating at the fixtures would be welcomed.
4. Toilets and changing facilities are available on site. Host schools are responsible for course marking, stewards and for carrying out risk assessments.
5. Each athlete runs one 1000m lap, 3 athletes per team, changeover by touch of hands. Changeovers must take place within the defined changeover area. Teams to consist of 3 Girls or 3 Boys – No mixed teams. **MAXIMUM OF 3 TEAMS PER AGE GROUP PER SCHOOL.**
6. THERE WILL BE NO SPLIT TIMES RECORDED FOR INDIVIDUALS, ONLY THE COMBINED TEAM TIMES WILL BE SHOWN ON RESULTS.

HEALTH & SAFETY

Athletes are advised that Health and Safety regulations recommend that you should examine the course for potential hazards before competing. The course has been checked by the organisers and a risk assessment conducted. The Race Referee has inspected the course and declared it suitable for use. Any competitor who has concerns about a safety aspect on the course should bring it to the attention of the organisers and/or the Referee immediately. If the issue cannot be resolved satisfactorily the competitor will be advised not to participate in the event.

FIRST AID

First Aid cover is the responsibility of each school for their own athletes. Any situation arising that requires First Aid treatment anywhere on the course must be reported immediately to First Aid Personnel. All participants are reminded of their duty of care for each other. If you suspect that someone, athlete or spectator, is in need of medical assistance you must act appropriately.



Briefing Sheet

- Please complete a separate declaration sheet for each age group, and separate for boys and girls.
- Don't forget safety pins.
- If you enter incomplete teams, a single athlete MUST run LEG 1, two athletes MUST do LEGS 1 & 2. (No numbers to be issued.)
- No athlete is allowed to run more than 1 leg.
- Team changes after teams are declared MUST be made before the RACE START.
- Changeovers must take place in the designated zone in front of the START LINE.
- There must be a touch of hands at changeover.
- Athletes should not enter the changeover area until instructed by a race official.
- The Meeting Director's decisions are final.
- MAXIMUM THREE TEAMS PER AGE GROUP PER SCHOOL.
- NO SPLIT TIMES WILL BE RECORDED ONLY THE COMBINED TEAM TIME WILL BE SHOWN ON RESULTS.

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Declaration Sheet

Name of School/College		Boys	Girls
Age Group (please CIRCLE as appropriate)	Year 7	Junior (8/9)	Middle/Senior (Year 10/14)

	Team A
1 st	
2 nd	
3 rd	

	Team B
1 st	
2 nd	
3 rd	

	Team C
1 st	
2 nd	
3 rd	

MAXIMUM THREE TEAMS PER SCHOOL PER AGE GROUP.

You can enter incomplete teams if you wish, if doing so single athletes must run leg 1, two athletes must do legs 1 & 2.
 (No numbers issued for incomplete teams).