



Registered Charity No 510848

Welsh Schools' Athletic Association Cymdeithas Athletau Ysgolion Cymru



To Heads of PE
Secondary Schools & Colleges

Please reply to:
76, Fernlea Park
Bryncoch
Neath
SA10 7SX
Tel: 07792242153
E-mail: steve.jones@ws-aa.org
3rd. September 2018

Dear Colleague

42nd Inter Schools' Cross-Country Championships (inc Welsh Colleges Cross Country Championships)

I am writing to invite your school/college to enter teams and/or individuals at this year's championships, which will be held at Brecon Athletics Track (provisional) on Saturday, **November 17th**. Please find enclosed details of the event.

Please note the following points:

- Schools/Colleges may enter any number of athletes per race. Scoring teams will consist of four runners. If a school finishes eight athletes, the first four will be scored as the school A team and the second four will be scored as the school B team.
- If a school/college is unable to field a team of four athletes in a race, then it may field up to three individuals.
- Details of each competitor – first name, surname and date of birth – must be recorded on the declaration sheet. A preliminary declaration **MUST** be returned as confirmation of entry. You will be able to amend (including adding additional athletes) up to Friday, November 9th.
- Pupils may enter as individuals **BUT their preliminary entry must be made by their SCHOOL/COLLEGE**, on the form included in this package, **and the form MUST be signed by a member of the teaching staff of their school.**
- Pupils must be accompanied by a responsible adult who, **if he/she is not a member of the teaching staff of the school/college, must have written authorisation from the school to act in such a capacity.** [If a school/college is sending a number of individual athletes with different responsible adults, it would be helpful if all the entries could be handled by **ONLY ONE** adult at Brecon on the day!]
- **An entry fee is payable:**
This is a simple £15 fee for entering an unlimited number of individuals and teams
[The maximum entry fee payable by a school or college is £15!]
- All event administration will be undertaken in the Pavilion. The desk dealing with any changes will close at 1 pm.
- **Athletes must wear their school vest.** If a school/college does not have a distinctive vest, please read the section on alternatives on the event information sheet. **Club, schools' district, regional and Welsh vests are NOT suitable alternatives.**
- As part of the event risk assessment, every competitor is advised to walk the course **BEFORE** they race – to check for any potential hazards.
- The wearing of any audio device is considered a health & safety hazard. Pupils are not permitted to wear them while competing in the races at this event.
- Car parking for this event is at Brecon High School.
- At these championships, we appoint an official photographer to take photographs of the students taking part. Having advised schools of this coverage, it is understood that any school or college entering the event gives consent for photos/video of their competing pupil to be taken – and used in any event publicity.

Yours sincerely
Steve Jones

WSAA Support Officer

DATE	Saturday, November 17th, 2018
VENUE	Penlan Arena, Brecon – Brecon Athletics Track (Provisional)
AGE GROUPS	Under 13/15 plus Combined Under 17/20
Under 13	Over 11 and under 13 at midnight August 31 st / September 1 st 2018 - usually Years 7 & 8
Under 15	Over 13 and under 15 at midnight August 31 st / September 1 st 2018 - usually Years 9 & 10
Senior - under 20	Over 15 and under 19 at midnight August 31 st / September 1 st 2018 - usually Years 11 to 14
PROVISIONAL TIMETABLE OF EVENTS	11.30 am to 1 pm Team Declaration in the Pavilion 12 noon – Course open for walking 1.15 pm – u13 Girls 1.30 pm – u13 Boys 1.50 pm – u15 Girls 2.10 pm – u15 Boys 2.35 pm – Senior Girls 3.00 pm – Senior Boys Presentation of Awards will be made shortly after the end of each race.
NUMBERS	Numbers will be provided by Welsh Schools and can be collected at declaration time. The number is to be worn on the front of the athlete's vest and needs to be fixed by 4 pins (one at each corner). Pins are the responsibility of competing schools & individuals.
NUMBER OF ATHLETES PERMITTED TO COMPETE	Centres may enter any number of athletes in a race. Centres MUST also provide a provisional team declaration as confirmation of entry. Changes to team declarations can be made on the day of the event on the enclosed form and submitted by the official team manager. Information required will be each athlete's first name, surname and date of birth.
NUMBER OF ATHLETES TO SCORE	In any age group, the first four runners to finish will be scored as the A team. The next four runners to finish will score as the B team. This will be the same for the Colleges event included in the programme for the third time.
AWARDS	Welsh Schools' medals will be awarded to the first three individuals and the first three teams in each of the six races. Welsh Colleges will also make separate awards to individuals and teams.
ENTRY FEES & PRELIMINARY RETURN OF ENTRIES	An entry fee is payable of £15 per centre for an unlimited number of athletes. Cheques should be returned with the preliminary entry form and are to be made out to 'Welsh Schools' AA'. The preliminary return of entries should be made on the enclosed form by Friday, November 9th. [The maximum fee payable by a school or college is £15.]
VESTS	Schools/Colleges are expected to provide their athletes either with distinctive vests or with a plain coloured vest or T-shirt. Club vests, regional vests and county or district schools vests are not permitted. Similarly athletes are not permitted to wear replica soccer or rugby jerseys or T-shirts with advertising slogans or signs on the front and/or back. Athletes ignoring this requirement may be disqualified.
Car & Coach Parking	Cars and coaches are to be parked in Brecon High School. The car park at the stadium is intended for officials and first aid.
On arrival at Brecon	Team managers are asked to report to the pavilion between 11.30 am and 12.30 pm with their team changes form. On registering Team Managers will be provided with the total number of numbers and results envelopes (one per race) needed. Make sure that athletes are wearing the correct number, fixed by 4 pins (one at each corner). As part of their own risk assessment, every competing athlete should walk the course – to ensure that they know where they are going and to check for any potential hazards.
Changing Accommodation	Changing facilities and toilets are in the changing rooms are on the far side of the track from the pavilion and close to the track car park. [There are also toilets in the Leisure Centre.]
At the start	Team managers should ensure that athletes are at the start at least 10 minutes before start time. The starter will call the athletes together, before the scheduled start time, to describe the course and give any final instructions. Athletes should then remove their tracksuits and line up on the assembly line. The starter and his assistant will do a final check of athletes on the assembly line – numbers, pins and vests – and then call them forward to the start line. Races may be started by whistle or air horn.
At the finish	Athletes must remain in finishing order and walk through the finishing funnel to the disc steward at the end of the funnel. Each athlete will be issued with a disc, showing their finishing position. That disc needs to be taken to their team manager, who will record the athlete's name & finishing position on the front of the results envelope and place the disc inside the envelope. Once all the athletes from the school have finished and the results envelope has been completed, the envelope should be handed to an official at the finish as quickly as possible.
Queries	If you have any queries about this Championships, please contact Steve Jones (Mobile 07792 242153) or by e mail at steve.jones@ws-aa.org
iPods & Audio devices	Athletes are not permitted to wear any audio device while they are competing.
Photographs	There will be an official photographer at the finish.

PLEASE DISPLAY ON NOTICE BOARD

Welsh Schools' Athletic Association
Cymdeithas Athletau Ysgolion Cymru
42nd INTER SCHOOLS
CROSS COUNTRY CHAMPIONSHIPS
& Welsh Colleges Championships

at
BRECON ATHLETICS TRACK (Provisional)

on
SATURDAY NOVEMBER 17th, 2018

This is an Inter School/College Team and Individual Championship event. Even if your centre is **NOT** entering a team you may enter as an **INDIVIDUAL**. Your entry form **MUST** come through your school/college and you **MUST** run in your school vest - **NOT** under any circumstances in your Club, District or Schools' International Vest.

AGE GROUPS & TIMETABLE

1.15 p.m.	U13 Girls	11 and under 13 years	(normally years 7/8)
1.30 p.m.	U13 Boys	11 and under 13 years	(normally years 7/8)
1.50 p.m.	U15 Girls	13 and under 15 yrs	(normally years 9/10)
2.10 p.m.	U15 Boys	13 and under 15 yrs	(normally years 9/10)
2.35 p.m.	Senior Girls	15 and under 19 yrs	(normally years 11/12/13/14)
3.00 p.m.	Senior Boys	15 and under 19 yrs	(normally years 11/12/13/14)

Qualifying date for all age groups midnight 31st August/1st September 2018

Teams:- ANY NUMBER TO RUN, FOUR TO COUNT

Challenge Trophies are awarded to winning school teams
Association Medals awarded to Individual first three in each section
Association medals presented to scoring members of first three teams in each section.
Presentations will be made shortly after the end of each race, as soon as results are available.

Consult your P.E. Teacher who has details and the entry forms

CLOSING DATE FOR PRE-ENTRIES:-9th November 2018
BY FIRST CLASS POST PLEASE TO:

Mr. Steve Jones
76 Fernlea Park
Bryncoch
Neath
SA10 7SX

NAME OF SCHOOL/ COLLEGE		BOYS / GIRLS
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Under 13

Under 15

Senior

Over 11 and under 13 at midnight 31 st August / 1 st September 2018 - usually Years 7 & 8			Over 13 and under 15 at midnight 31 st August / 1 st September 2018 - usually Years 9 & 10			Over 15 and under 19 at midnight 31 st August / 1 st September 2018 - usually Years 11, 12, 13 & 14		
First Name	Surname	D.o.B	First Name	Surname	D.o.B	First Name	Surname	D.o.B
TEAM MANAGER/CONTACT								
E Mail Address			School/Mobile Number					

Please complete as many of these forms as necessary (boys/girls on separate entry forms please!!!) and return along with a £15 entry fee to:

Mr. Steve Jones, WSAA, c/o 76 Fernlea Park, Bryncoch, Neath, SA10 7SX NO LATER THAN FRIDAY, NOVEMBER 9th.