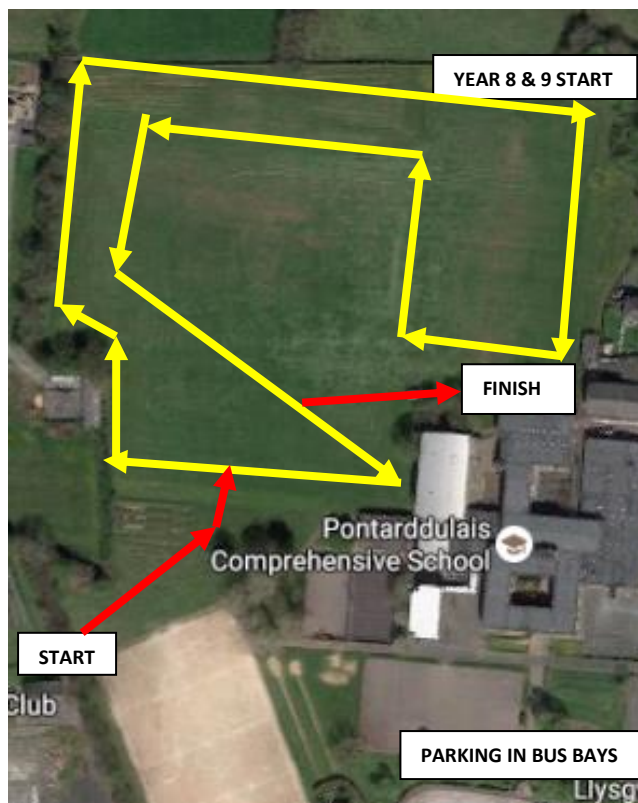


**Afan Nedd Tawe Secondary Schools & College Cross Country Development Race
Monday 23rd September 2019 @ Pontarddulais Secondary School, SA4 8PD @ 4pm**



TIMETABLE

| | | |
|----------------------------|----------|-------|
| 4.00pm Year 7 Girls | 2 laps | 2000m |
| 4.10pm Year 7 Boys | 2 laps | 2000m |
| 4.20pm Year 8 & 9 Girls | 2.5 laps | 2500m |
| 4.30pm Year 8 & 9 Boys | 2.5 laps | 2500m |
| 4.40pm Year 10 to 14 Girls | 3 laps | 3000m |
| 4.50pm Year 10 to 14 Boys | 3 laps | 3000m |

SCHOOLS & COLLEGES

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

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 is present.**
3. The assistance of staff in officiating at the fixtures would be welcomed.
4. Toilets and changing facilities are available on site.
5. Each school is responsible for First Aid cover of their own pupils.
6. Course marking, and stewards and carrying out risk assessments are done by the meeting manager.
5. 1 Lap = 1,050m.
6. There will be a tuck shop to raise money for the school district, so please bring plenty of change!

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.