

Cross Country

Rules

Entry	Entry via SGO
Teams/Genre:	A school can enter as many teams as they wish. A team consists of a minimum of 4 athletes and maximum of 6.
Race Format:	Four races will be organised <ul style="list-style-type: none"> • Year 3/4 Boys • Year 3/4 Girls • Year 5/6 Boys • Year 5/6 Girls
Course:	<ul style="list-style-type: none"> • Year 3/4 will run between 800 – 1000m • Year 5/6 will run between 1200m – 2000m
Results:	<ul style="list-style-type: none"> • An adult from each school will be required to record their athletes' finishing position and hand this information to the recording team. • The top 10 athletes in each race will be invited to the HSG Finals. • The top 3 teams in each race will also be invited to the HSG Finals. • Athletes can qualify as an individual and / or as part of a team. • A team's position is calculated by adding together the position of the top four placed athletes in the team. The team with the lowest score wins.