



National Cross Country Championships

Friday 20 March 2019

Rugby School

Springhill fields (Ashlawn Rd entrance)

Warwickshire

CV22 5QB

<http://www.rugbyschoolsports.co.uk/MapPrint.asp?Id=42>

Race Information

Arrival and Parking: From 10:30am only on Polo ground, entrance from **Ashlawn Road only**.

Registration: 10.30am – 11.30am

Course familiarisation: 11.00am-12.20pm

Contact details: ISA Sport (Scott or Emily), isasport@isaschools.org.uk (01799 610189)

Order	Race	Brief	Start	Dist (approx.)	Course reference (see map – last page)
1	3 / 4 G	12.45	12.50	1500m	1•3•4•1•2•3•4•5•12•Finish
2	3 / 4 B	1.00	1.05	1500m	1•3•4•1•2•3•4•5•12•Finish
3	5 / 6 G	1.15	1.20	2000m	1•2•3•4•5•6•7•9•10•11•12•Finish
4	5 / 6 B	1.30	1.35	2000m	1•2•3•4•5•6•7•9•10•11•12•Finish
5	7 / 8 G	1.45	1.50	2750m	1•2•3•4•5•6•7•8•9•10•11•12•Finish
6	7 / 8 B	2.00	2.05	2750m	1•2•3•4•5•6•7•8•9•10•11•12•Finish
7	9 / 10 G	2.15	2.20	3000m	1•3•4•1•2•3•4•5•6•7•8•9•10•11•12•Finish
8	9 / 10 B	2.30	2.35	3800m	1•2•3•4•1•2•3•4•5•6•7•8•9•10•11•12•Finish
9	11 / 12 / 13 G	2.45	2.50	3800m	1•2•3•4•1•2•3•4•5•6•7•8•9•10•11•12•Finish
10	11 / 12 / 13 B	3.00	3.05	5000m	1•3•4•5•6•7•8•9•10•11•12•1•2•3•4•5•6•7•8•9•10•11•12•Finish

Declarations/ Registration

- Team Managers **ONLY** to register runners inside the area marquee (labelled clearly)
- No spectators are allowed in the registration area. Children must register independently.
- Changes to teams are given to the Team Managers to enter on the sheet provided for race entry.
- The courses are planned to start some races before the previous race has completed.
- All courses are suitable for spikes.
- Most of the course will be taped for guidance.
- The numbers 1 to 12 printed on the map attached are to be found on the course itself.

Attire

- All competitors to wear an area vest with the appropriate colour for their region.
- Vests provided at registration with Team Manager.
- Under garments may be worn, no clothing which obstructs vision of numbers or vest.

Electronic Timing (Race Timing Solutions)

- All races will be electronically timed.
- Competitors will be given a race pack when they register with their Team Manager.
- The race pack includes race numbers and an electronic chip.

- Competitors should attach the numbers as per instructions on their pack.

Extra Information

Parking

- Parking will be available from 10:30am on the Polo ground via Ashlawn road only.
- Please note that most of the parking is on grass and not hardstanding.
- If you plan to travel by coach, please inform ISA by emailing– isasport@isaschools.org.uk
- Spectators are encouraged to car share where possible due to parking restrictions at the venue.
- Stewards will direct you in the car park.

Programmes

Complimentary programmes will be available on arrival.

Changing/Toilets

- Changing rooms are not available, runners should come ready to race.
- Portable loos will be located on the playing fields situated near the marquees
- Valuables - any loss/damage will not be the responsibility of the ISA or Rugby School.

Competitors

- **Junior Races** - 10 competitors from each Area (6 count towards team points)
- **Senior Races** - 10 competitors from each Area (4 count towards team points)

Presentations:

- **Individual** - At the end of each race, medals will be awarded to the top 3 finishers. Participation certificates can be downloaded from the ISA Sport Website.
- **Team Awards** – A combined placing of Juniors, Intermediates, Seniors, and Overall. There will be no trophies awarded this year, but winners will be announced and published on the ISA website

Etiquette

Behaviour of ISA children is already excellent but please encourage your children to thank officials and other members of staff, without them, this opportunity would not be possible. This event is designed to be a fun and enjoyable day for the participants so please respect this by remaining positive!

First Aid

Crusader Medical Services is the official medical provider. First aiders will be placed on half way and on the finish and will be clearly visible. A stationary first aid point will be in the main marquee.

Refreshments

- There will be **HOT/COLD** refreshments on sale provided by Rugby School.

Photography

- Please let us know of any children who cannot be photographed. They will be required to wear a red wristband. Bentley Photographic will be selling photos so please visit their trailer at some point during the day. You can also purchase photos online using the following details: <http://www.bentleyphoto.com/isa/>.

Results

- Results will be available after the event on ISA's website and:
- [Squad in Touch app](#)
- <http://racetimingsolutions.co.uk/blog/>

Social Media

Please do tag us in any social media for the event –

Twitter: @isasportUK or the hash tag #isasport

Instagram: isaschoolssport

Facebook: isasportuk

Key

- Marshalling staff
- Course identifier
- Medical Staff



Order	Race	Brief	Start	Dist (approx.)	Course reference (see map)
1	3 / 4 Girls	12.45	12.50	1500m	1•3•4•1•2•3•4•5•12•Finish
2	3 / 4 Boys	1.00	1.05	1500m	1•3•4•1•2•3•4•5•12•Finish
3	5 / 6 Girls	1.15	1.20	2000m	1•2•3•4•5•6•7•9•10•11•12•Finish
4	5 / 6 Boys	1.30	1.35	2000m	1•2•3•4•5•6•7•9•10•11•12•Finish
5	7 / 8 Girls	1.45	1.50	2750m	1•2•3•4•5•6•7•8•9•10•11•12•Finish
6	7 / 8 Boys	2.00	2.05	2750m	1•2•3•4•5•6•7•8•9•10•11•12•Finish
7	9 / 10 Girls	2.15	2.20	3000m	1•3•4•1•2•3•4•5•6•7•8•9•10•11•12•Finish
8	9 / 10 Boys	2.30	2.35	3800m	1•2•3•4•1•2•3•4•5•6•7•8•9•10•11•12•Finish
9	11 / 12 / 13 Girls	2.45	2.50	3800m	1•2•3•4•1•2•3•4•5•6•7•8•9•10•11•12•Finish
10	11 / 12 / 13 Boys	3.00	3.05	5000m	1•3•4•5•6•7•8•9•10•11•12•1•2•3•4•5•6•7•8•9•10•11•12•Finish

EMERGENCY LOCATION DETAILS
In the unlikely event of an emergency, the address below is the information you will need to give to the emergency services:

Springhill, Barby Road, Rugby, Warwickshire, CV22 5PY
 Access from road between Springhill and Polo ground

Race start formation

These areas will be clearly marked at the start area, children will also be directed by officials.

	Pen. 7	Pen. 6	Pen. 5	Pen. 4	Pen. 3	Pen. 2	Pen. 1
Year 3/4	LS	LW	M	N	SW	EA	LN
Year 5/6	LN	LS	LW	M	N	SW	EA
Year 7/8	EA	LN	LS	LW	M	N	SW
Year 9/10	SW	EA	LN	LS	LW	M	N
Year 11-13	N	SW	EA	LN	LS	LW	M