**LSAA Cross Country League 2019/20**

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| **Races** | **Date** | **Time** | **Venue** |
| Race 1  Middleton Park, The Clearings | Sat 21st Sept  2019 | 1st race starts Prompt at 10am | **Middleton Park**  (next to the John Charles Centre for Sport, Middleton Grove, Leeds, LS11 5DJ.) |
| Race2  Cardinal Heenan Catholic High School | Sat 12th Oct 2019  TBC | 1st race starts Prompt at 10am | **Cardinal Heenan Catholic High School,** Tongue Lane, Leeds,  LS6 4QE |
| Race 3  Woodhouse Grove School | Sat 23rd Nov  2019  TBC | 1st race starts Prompt at 10am  This event to include U19 races. | **Woodhouse Grove School,** Apperley Bridge, BD10 0NR. |
| Race 4  **Trials**  Corpus Christi | Sat 14th Dec  2019  TBC | 1st race starts  Prompt at 10am  Note age groups and distances on course map. | **Corpus Christi Catholic High School,**  Neville Road, Leeds.  LS9 0TT |
| Race5  Prince Henry’s GS  Otley | Sat 7th March  2020 | 1st race starts  Prompt at 10am | **Wharfe Meadows Park**, Farnley Lane Otley,  LS21 2RW. |

**The race order is as follows (for league races)**

1. U9 Girls Approx distance 900 metres
2. U9 Boys Approx distance 900 metres
3. U13 Girls Approx distance 2,900 metres
4. U13 Boys Approx distance 2,900 metres
5. U11 Girls Approx distance 1,500 metres
6. U11 Boys Approx distance 1,500 metres
7. U15 Girls Approx distance 3,600 metres
8. U15 Boys Approx distance 3,600 metres

First 4 runners to count towards team score in all races.

All races will start as soon as officials are ready following the previous race.

High school races may merge if the number of athletes allows.

The trial event has a different race order and distances, see course map for details.

Following a request from high schools the boys and girls will run the same distances 2.9k for U13’s and 3.6k for U15’s, this change will be reviewed at the end of the season.

Dear Colleague,

Welcome to the 2019 / 20 Cross Country season. For staff, athletes and spectators attending events this season the LSAA would like to emphasis the following points.

* Please see LSSA website for details of events, course maps, results and info about possible postponement of races- **lsaa.org.uk**
* Only the start time of the first race 10am is published all other races will start as soon as officials are ready, high school races may be merged if the number of athletes allows. All schools and athletes should allow enough time to park, register, familiarise themselves with the course, warm up and attend race briefing.
* Schools must hand in a team sheet with the school and athletes names clearly printed when they register and collect results envelopes. After each race staff must hand in results envelope for their school. Please include all require details and print names clearly (even in poor weather conditions) otherwise accurate results cannot be given.
* As athletes are representing their school, the **LSAA must have a School emergency contact mob nos which will work on race day. Please ensure this is on the entry form in addition to nominated adult contact info. Entries will not be accepted without school emergency contact information.**
* When a member of school staff is not attending, schools**must have a nominated lead adult**to coordinate registration, complete the team sheet, for the collection, completion and handing in of the results envelope. In addition they must fulfil other duties detailed in the schools event Risk Assessment (A sample Cross Country risk assessment is available to download from Evolve).
* It is strongly recommended that schools add LSAA Cross Country League to their extracurricular Evolve entry.
* For these events to take place a large number of staff and volunteers must be available therefore **all schools are required to provide support for at least one race during the season**, please indicate which race this will be on your entry form.
* Parking is a major issue at all venues, please can schools maximise their efforts to reduce the number of vehicles attending by using minibuses, encouraging car sharing and having a transport plan in place which takes account of any site specific instruction published on the website.
* Leeds School Sports Association(LSSA) provide the finance for all LSAA events **all schools must be affiliated to LSSA to take part in LSAA events**. From this year this can only be done by direct affiliation to the LSSA and not as a part of any SLA.
* Please see filming / photography and first aid procedures on the entry form below.
* Please complete the entry form below and return it asap, if you have any further enquiries, please do not hesitate to contact me on 07594087903 or cpyatt@holyfamilyleeds.co.uk

The LSAA look forward to receiving your completed entry form and to seeing you at the events this season.

Best Wishes,

Charlie Pyatt.

**2019/20 LEEDS CROSS COUNTRY LEAGUE ENTRY FORM**

If you would like to enter your school into the Leeds Cross Country League, please complete and return the entry form below as soon as possible, one form will cover all events. Information about individual races will be posted on LSAA website.

Name of School- ……………………………………………………………………………………………

Member of staff in charge / delegated responsible adult- ……………………………………………..

Email (where ever possible please use a school email address)-

………………………………………………………………………….…………………………………….

Please state which race your school will be able to support-……………..........

|  |  |  |  |
| --- | --- | --- | --- |
| **Race** | **Confirm entry** | **Race** | **Confirm entry** |
| **U9 Girls** |  | **U13 Girls** |  |
| **U9 Boys** |  | **U13 Boys** |  |
| **U11 Girls** |  | **U15 Girls** |  |
| **U11 Boys** |  | **U15 Boys** |  |

**Filming & Photography**

\* LSAA will not be taking any images to publish. They may have a camera set up they finish line to determine finishing position in the case of any disputes. The images will be deleted soon after the event once finishing positions are finalised.

\*Schools to follow there own filming and photography policy which should reflect the nature of this large-scale open access public event.

**First Aid**

In the first instance staff are responsible for providing first aid to the children they have brought to the event.  There will be support for larger instances.  Please ensure you bring sufficient first aid supplies.

**Risk Assessments / Evolve Notification**

It is the responsibility of individual schools to have appropriate risk assessments in place for all activities they attend.  LSAA will not send risk assessments direct to Schools.  They should download the sample Cross Country risk assessments from Evolve it is titled RA Cross Country and can be found under the PE tab and then personalise it, you might want to also include the Event RA. As always a Transport risk assessment will be required.

Signed……………………………………………………………………………         Date…………………………………………….

Print Name……………………………………………………………………….         Position ………………………………………..

**School Emergency contact name , email + mobile number-(Mob nos must work on race day)**

This must be someone who is not at the event and who can be contacted in case of emergency.

Name-

Email-

Emergency Mob Nos-

**Please return by email to Charlie Pyatt**

[**cpyatt@holyfamilyleeds.co.uk**](mailto:cpyatt@holyfamilyleeds.co.uk)

**07594 087 903**