

# SCHOOL SPORT SA

## VIRTUAL CROSS COUNTRY



### Competition dates

1 June - 8 June 2020

### Teaching and Learning

Personal and Social capability

ICT

### Location

Anywhere possible!

Schools are encouraged to organise an event during Week 6, Term 2 to maximise participation.

Individual students also have the opportunity to complete it outside of school during the competition dates on their choice of track.

### Individual and School Entries

If your school holds an event, all student's times can be uploaded at once by using the [Recording Sheet](#) and submitting [online](#).

Individual students will be encouraged to provide evidence of their distance covered and time achieved. This can be a photo of your results (phone app, GPS watch, treadmill screen, etc.)

Schools and individual students can [enter here](#)

### Rules

See the table on the next page for the distance you will need to run.

Students are allowed and encouraged to enter more than once throughout the competition to achieve their best possible time.



LET'S STAY SPORTY SA!



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### AGE GROUP

### DISTANCE

- 5 Years (Born in 2015) 500m
- 6 Years (Born in 2014) 750m
- 7 Years (Born in 2013) 1000m
- 8 Years (Born in 2012) 1500m
- 9 Years (Born in 2011) 1500m
- 10 Years (Born in 2010) 2000m
- 11 Years (Born in 2009) 3000m
- 12 Years (Born in 2008) 3000m
- 13 Years (Born in 2007) 3000m
- 14 Years (Born in 2006) 3000m
- 15 Years (Born in 2005) 4000m (B) / 3000M (G)
- 16 Years (Born in 2004) 5000M (B) / 4000M (G)
- Open (Born in 2001 - 2003) 6000M (B) / 4000m (G)

### MULTICLASS AGE GROUP

### DISTANCE

- 5-6 Years (Born 2014-2015) 500m
- 7-9 Years (Born 2011-2013) 1000m
- 10-12 Years (Born 2008-2010) 2000m
- 13-19 Years (Born 2001-2017) 3000m



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