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| **ESSEX VIRTUAL COMPETITION** | |
| **SPORT** | Cross Country |
| **YR GROUP** | **Open to all Year Groups** |
| **GENDER** | **Separate Gender events** |
| **TEAM SIZE** | **A team is made up of 4 Boys or 4 Girls** |
| **RULES** | This event is open to all children from EYFS – Year 6.  The race distance varies from Key Stage to Key Stage see below.  KS1 – 500m  LKS2 – 1000m  UKS2 – 1500m  The hope is that by making these distances multiples of each other you will be able to set out a course of your school field which then can be used for all age groups and the number of laps change, rather than having to measure out numerous courses.  You can enter as many teams from a year group as you would like. The top 4 boys will be your Boys ‘A’ Team the top for girls will make your Girls ‘A’ Team. Subsequent runners can make up ‘B’, ‘C’ and ‘D’ Teams. |
| **EQUIPMENT** | Trundle wheel, stopwatch |
| **HOW TO RECORD** | Time the runners as they come across the line, enter the details onto the CSSP cross country Spread Sheet. |
| **RESULTS DEADLINE** | TBC |