



Albyn School
Open Cross - Country Championships
Balgownie Playing Fields
Friday 15 March 2024



Registration 9.00am for Primary School Races

Race	Age Group	Assemble	Race Starts	Distance
Race 1	P5 Boys	9.50am	10.00am	1800m
Race 2	P5 Girls	10.00am	10.12am	1800m
Race 3	P6 Boys	10.14am	10.24am	1800m
Race 4	P6 Girls	10.26am	10.36am	1800m
Race 5	P7 Boys	10.38am	10.48am	1800m
Race 6	P7 Girls	10.50am	11.00am	1800m

Registration 11.00am for Secondary School Races

Race	Age Group	Assemble	Race Starts	Distance
Race 7	S4-S6 Boys	11.35am.	11.45am	4000m
Race 8	S4-S6 Girls	11.55am	12.05pm	2800m
Race 9	S1 Boys	12.15pm	12.25pm	2800m
Race 10	S1 Girls	12.30pm	12.40pm	2800m
Race 11	S2 Boys	12.50pm	13.00pm	2800m
Race 12	S2 Girls	13.05pm	13.15pm	2800m
Race 13	S3 Boys	13.25pm	13.35pm	2800m
Race 14	S3 Girls	13.40pm	13.50pm	2800m

Each school may enter a maximum of eight runners per race.

Presentations for first three in each race. Shields for the winning team in each age group. Presentations for the first three individuals will be immediately after the finish of each race. First three runners finished from each school will count as a team.

Team Prizes will be presented as soon as the results are completed.

Cost for entry - £8 per runner or £40 per school entered. Payable – Albyn School addressed to Mr J Lamont Head of Sport, Albyn School 17-23 Queens Road, Aberdeen, AB15 4PB.

If you have not had Final Championship programme sent to you by Friday 8 March please contact myself Jimmy Lamont on 01224 322408 or by email – j.lamont@albynschool.co.uk

Each school must provide a helper/parent who will be willing to officiate on the day in order for the event to run smoothly. (No experience needed) If schools cannot supply an official, they cannot compete.

Closing date Friday 9 February 2024. All entries to be submitted through the Scottish Schools website. Unfortunately, no late entries will be accepted.

Please return Team Shields to Albyn School by Friday 15 December 2023.