



National Cross-Country Championships
Saturday 4 March 2023
Worksop College, S80 3AP

School & Spectator Information

Arrival and Parking:	From 10:30am only on the Rugby Field
Registration:	10.30am – 11.30am (Sports Hall)
Course familiarisation:	11.00am-12.20pm
First Race:	12.45pm

Contact details:

Emily Ward / Neave Wilson
07842767163 / 07842767165
isasport@isaschools.org.uk

*Refreshment and food vans will be CASH ONLY *

Registration/Course Info

- 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.

Results

- Results will be available after the event on [Squad in Touch](#) and [Race Timing Solutions](#) website.

Parking

- Parking will be on the left as you drive into the college.
- Please note that most of the parking is on grass and not hardstanding.
- Spectators are encouraged to car share where possible due to parking restrictions at the venue.
- Stewards will direct you in the car park.
- If you plan to travel by coach, please inform ISA – isasport@isaschools.org.uk

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 ISA or Worksop College

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

Trident 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. Food vans will be CASH ONLY, no card payments can be taken due to the WIFI signal at the college.

Fine Designs

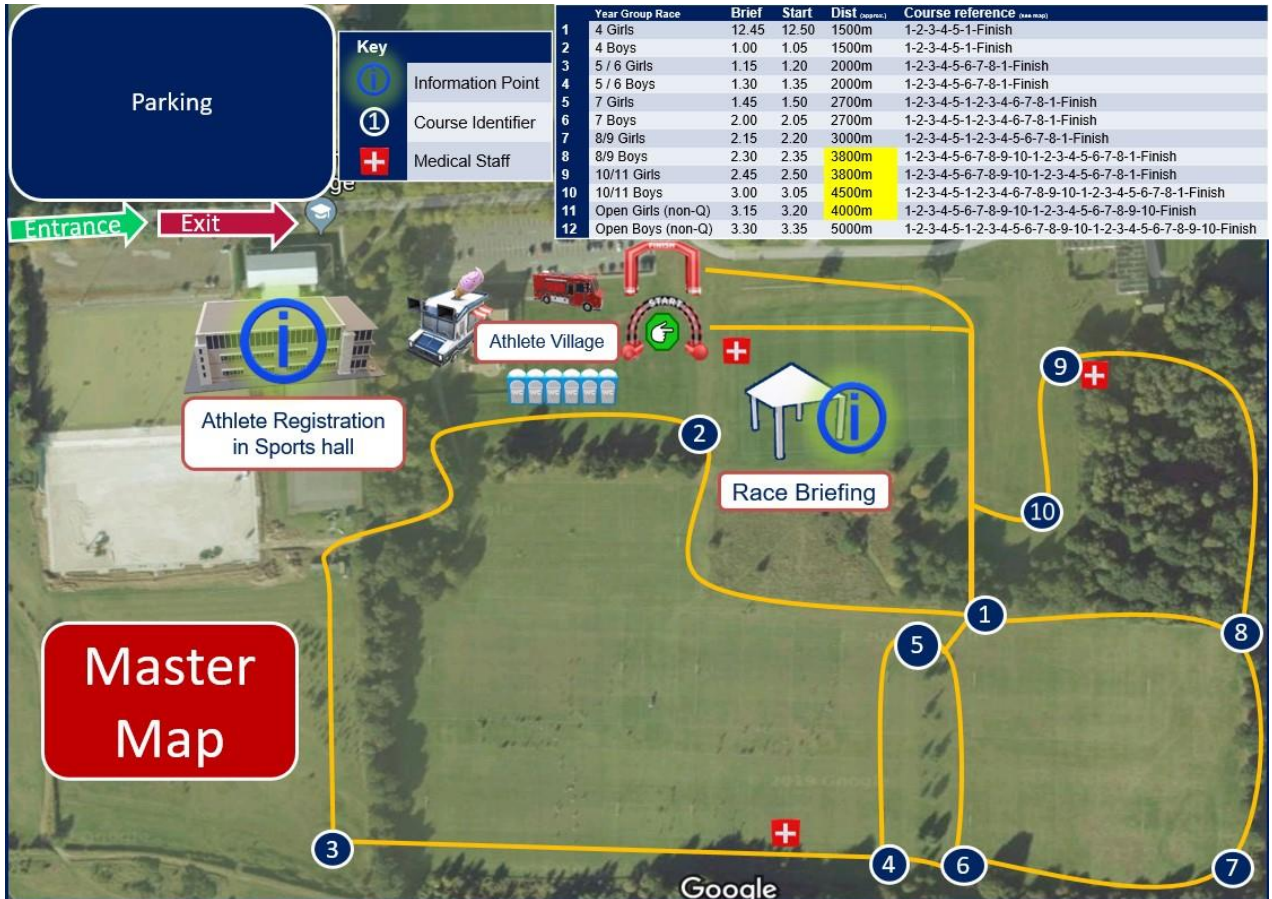
Fine Designs will be selling bespoke garments, payment can be made by cash or card. Pre event orders can be made so [HERE](#) so you can pick your hoody up on arrival. Online orders close at 5pm on 26th February after which point items can be purchased on the day at the Fine Designs stand in the athlete's village.

Photography

Mark in Time will be attending on the day, with the option to purchase photographs online [HERE](#) (login details to follow). Attendance at the National Cross-Country Finals implies permission for photography at these events. Any person wishing not to be photographed must request a wristband from their Area Manager at registration.

Race start Information

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



Sorting area after race briefing:

	Pen. 7	Pen. 6	Pen. 5	Pen. 4	Pen. 3	Pen. 2	Pen. 1
Year 4	LS	LW	M	N	SW	EA	LN
Year 5/6	LN	LS	LW	M	N	SW	EA
Year 7	EA	LN	LS	LW	M	N	SW
Year 8/9	SW	EA	LN	LS	LW	M	N
Year 10/11	N	SW	EA	LN	LS	LW	M
Year 12/13	M	N	SW	EA	LN	LS	LW