



School Sport ACT Virtual Cross Country

Traditionally, Term 2 is when SSACT focuses on our Regional and State Cross Country events in preparation for the School Sport Australia (SSA) Championships held in late August. With all events cancelled due to the current COVID-19 safety restrictions and the disruption to most school's ability to conduct their school Cross Country events, SSACT would like to offer the opportunity for schools to enter their students into the SSACT Virtual Cross Country.

If a school is interested in participating, the School Sport Coordinator, or other delegated teacher, would disseminate information, collate results shared by their students and send onto SSACT for sharing with the wider community. The Virtual Cross Country is for participation purposes only to encourage students to get outside, be active and challenge themselves to improve. The results will not be seen as official performances nor utilised for representative selection.

Distances for each age group are shared on the table below. Students can choose to run;

- The Stromlo Forest Park Courses, with loops and maps also provided below.
- The course their school Cross Country carnivals would utilise around the school grounds or nearby.
- A course the student has devised in their neighbourhood with the distance confirmed via a Fitbit or Garmin type device.

Note: Whatever course is selected by the student, all social distancing protocols must be adhered to.

Instructions

- The School Sport Coordinator, or delegated teacher, will share the Virtual Cross Country opportunity with their parent and student community to ascertain interest and numbers. *Please inform all participants that the top performances will be shared on the SSACT FB page and website with school, first name, surname initial only, age group and time, e.g. Torrens Primary School - Sarah M., 8 Years, 1km, 4.53 mins*
- School interest to participate to be sent via email to SSACT Support Officer, Aaron Powell, info@schoolsportact.org.au
- Students are to be encouraged to run their chosen course 1-2 times a week and submit their best weekly time back to the School Sport Coordinator.

Collation of Results

- Utilising the SSACT Weekly Results Form provided, the delegated teacher will collect participating student's results over a 4-week period (Weeks 3, 4, 5 and 6).
- After the first 2 weeks, by Friday 22 May, end of Week 4, the delegated teacher will share the form with SSACT info@schoolsportact.org.au highlighting their top performing student and the most improved Personal Best time student in each gender and age group - this will be the 'halfway highlights' shared on the SSACT Facebook page and SSACT website's Cross Country page.
- By Friday 5 June, end of Week 6, the delegated teacher is to once again share the form with SSACT info@schoolsportact.org.au highlighting the top performing student and most improved Personal Best time student in each gender and age group – this time performances compared across the entire 4 week period. These results will also be shared on the SSACT FB page and website.

Schools may choose to add a Sponsorship per kilometre run component to the 4 weeks to fundraise for a chosen charity and acknowledge all participating students as they wish.

Age Group (Age turning this year)	Distance		Stromlo Forest Park Loops
8 Year Olds	1km		1 x 1km (Short Circuit)
9 Year Olds	1.5km		1 x 1.5km (Hill Loop and Short Circuit)
10 Year Olds	2km		1 x 2km (Short Circuit and Creek Loop)
11 Year Olds	3km		2 x 1.5km (2xHill Loop and Short Circuit)
12 Year Olds	3km		2 x 1.5km (2xHill Loop and Short Circuit)
13 Year Olds	3km		2 x 1.5km (2xHill Loop and Short Circuit)
14 Year Olds	4km		1 x 1.5km + 1 x 2.5km (1xHill Loop with Short Circuit + 1xHill Loop with Creek Loop and Short Circuit)
15 Year Olds	4km		1 x 1.5km + 1 x 2.5km (1xHill Loop with Short Circuit + 1xHill Loop with Creek Loop and Short Circuit)
16/17/18 Year Olds	Girls	4km	1 x 1.5km + 1 x 2.5km (1xHill Loop with Short Circuit + 1xHill Loop with Creek Loop and Short Circuit)
	Boys	6km	1 x 1km + 2 x 2.5km (1x Short Circuit and 2xHill Loop with Creek Loop and Short Circuit)

Stromlo Forest Park Course Map and Distance Loops

