

IAPS Cross Country Relays

Date	Monday 18 th January
Venue	Spratton Hall School- NN6 8HP
Bookings open	Wednesday 23 September at 0800
Price	£10
Age Groups	U11 boys, U11 girls, U13 boys & U13 girls

Entering the competition

Booking onto an event:

- All bookings are made online via the IAPS website.
- Only a member of school staff with a school email address can book onto an event.
- If the event is fully booked, please join the waiting list. Should space become available, we will contact you to offer you the space. There is no guarantee we can find a space to attend.

Eligibility:

- All competitors must attend an IAPS School.
- Competitors ages is taken from 1st September.
- Only competitors who are part of the Prep School are eligible to take part. Competitors in Year 7 and Year 8 who are part of the Senior School are not eligible to take part in U12 and U13 events.
- Pupils **can only participate in one age group** throughout the competition. The competition is defined as both qualifying events and the finals.
- All schools must bring first aid and additional first aid might be provided.

Terms & conditions:

- Please make sure to read our [booking terms and conditions](#) before booking onto an event.

IAPS Cross Country Relay Championships

Championships format

Race distance

4 x 1km relay

Team composition

4 runners per team

Course details

The course will be run on grass and mixed cross-country terrain. Runners should wear appropriate cross-country footwear. Spikes are recommended, although trainers may be worn if preferred.

Injury and accidents

- The race may be stopped if the officials/ organiser deems it necessary due to the injury or illness of a competitor.
- Great care should be taken in moving an injured competitor or ill competitor from the court.

Risk assessment

A full risk assessment is carried out by the host. If you would like a copy of the risk assessment, please contact [IAPS Sport](#).

IAPS policies

Please make sure you have read and understand our policies before booking onto an IAPS Sport event. All policies and procedures can be found on our website [here](#).