

# **Primary Schools Sprint Series**

## **Guidelines for planning**

### **Introduction**

The Primary Schools Sprint Series is intended as an easy to run competition. The aim is to give exciting head to head races with the minimum of preparation and minimum arrangements on the day. It is envisaged that Yr 5 & 6 children will be involved.

Primary Schools Sprint Series starts with a series of 3 races run at your school. You will need a map, this can be a photocopy of the school plan, it does not have to be a pucker colour orienteering map.

The races are planned for different days. Each race has 5 or six controls. You need to plan a course with the start and finish at the same place, and with 5 or 6 controls to make a loop.

You can use orienteering markers or other methods, such as cones or milk bottles. If you do not have punches, you can use chubby crayons, tied on to the marker with string.

Other equipment, apart from a map for each child, you will need a control card for each child, with up to 6 boxes and a space for the child's name.

There may be additional assistance in running the sprints. If you require help, maybe your SSCO can assist.

### **How to run the races**

#### **Race 1**

Pair the children up into pairs (try to put them into equal ability pairings).

The children will run the race head to head, i.e. starting at the same time. One will run clockwise, the other anti-clockwise around the course. They need to be told the way that they are going. Start the pairs off at 1 minute intervals or when the first pair have had sufficient time to reach and 'punch' the first control

The first child back from each pair is a winner, the other a runner up.

Give the winners 3 points, the children in runners up 1 point and any draws 3 points.

#### **Races 2 & 3**

You now have a pecking order based on the results of the first race.

#### **Race 2**

Pair the children again, this time winners v winners & runners up v runners up. Any odd numbers or odd scores are run against children with near scores.

#### **Race 3**

Repeat the process. You now have a good result to use for your team to go forward to the Cluster Sprint.

### **Cluster Sprints**

Wherever possible these will take place at your Secondary schools. Teams could be 4 girls and 4 boys.

The Cluster sprints will consist of 2 races. This time the children will race against the children from other schools. Pairs will be drawn according to the pecking order given by the Primary Schools. On the second race, winners will race winners and runners up will race runners up.

The winning Primary School will be the one with most points at the end of the 2 races. In the event of a tie for first place, both schools will go forward.

### **Champion Sprint**

The Champion Sprint will take place at a neutral ground. It will involve all of the winning schools from the Cluster Sprints. The format will remain the same.