

**SCSA**

**RUNNING**

**COMPETITION**

**TERM 2, 2020 !!!! (FROM 8 MAY-19 JUNE)**

**Join in the fun!!**



### **1. SCSA HIGH PARTICIPATION COMPETITION- Rules**

The 'High Participation' involves getting yourself and as many students as possible from your school clocking up as many kilometres per week. At the end of each week, a school 'total' will be calculated based on submissions, with that total distance divided by the total number of students in your school. Weekly results will be announced and an overall ladder updated with all 23 SCSA schools ranked. For example, a particular school had online submissions totalling 750kms on a given week and their total school enrolment was 1000 students. Their ratio for that week would be  $750 / 1000 = 0.75$ . Data collection/results from this competition will be obtained from your submissions via the SCSA website.

### **2. SCSA HIGH PERFORMANCE COMPETITION- Rules**

The 'High Performance' is a timed challenge over set distances with students able to submit their times via the submission form on the SCSA website. This competition will be categorised in 2 x events – a 3km and a 5km run. Both events are open to any age group/year, eg a Yr 7 or a Yr 12 student can do the 3km or 5km run. Students can use any fitness app for this – Strava, Nike Running, Map My Run, Runkeeper, etc. You can track and record your times each time you complete your run time and submit only your 'fastest' time through the SCSA website at the end of each week via a screenshot of your phone, watch or device with GPS data to confirm the date, time and distance.

The overall winning school for the 'High Participation' Competition at the end of Term 2 will be awarded a 'SCSA High Participation in Running' Shield. The overall winners of the 'High Performance' Competition will be awarded to the fastest 3 x students for the 3km run and the fastest 3 x students for the 5km run from all SCSA schools and will be awarded trophies at the end of Term 2.

**How do I get involved?** Put your runners on, grab your watch or phone and work out whether you want to focus on High Participation, High Performance or both!! Set your distance, time your run and enjoy being part of something fun and exciting!! Jump onto the SCSA website and submit your details.

To enter these competitions, you must register through the link below: (Registrations open from 9am – Friday 8<sup>th</sup> May and close 5pm-Friday, 19<sup>th</sup> June.

<https://www.scsa.org.au/events/65494/>

**(Please take note of the following when registering):**

Log in only as a **guest**, not a member. When filling in the 'Basic Details', prefill 'phone number' with 0, and address as 'c/o school name, eg OLSH, Avila, etc'. Please tick the box if you are 18 yrs of age, or if u/18 endorsed by your parent/s. Good luck and happy running!!!