

## COBIS Cross-Country Rules and Entry requirements

We are very pleased to share the initial information for the Virtual Cross-Country Meet, which will take place between 31 January and 28 February 2022.

### 1. Rules

Students should run either a 3km or 5km distance depending on their age:

- **3km:** Middle School students (years 7-9)
- **5km:** High School students (years 10-13)

Schools are expected to evidence the distance covered and time achieved to ensure that any disputes can be easily dealt with. Evidence could include photos or screenshots of results from a GPS watch or a tracking app, e.g. Strava

We encourage participants to complete the distance on a trail with as little elevation as possible.

The British School of Brussels will host an in-person event for those schools wishing to participate in a live cross-country meet on Saturday 5 February in Tervuren Park. Please indicate whether your school will be attending the live event on the registration form. Other participating schools are encouraged to organise local meets as well.

### 2. Entries

Schools will be required to submit the names of participating students by Friday 21 January 2022.

Participating schools can enter up to 8 Middle School students (4 girls / 4 boys) and 8 High School students (4 girls / 4 boys). Specific eligibility details are stated in point 4 below.

### 3. Points

Results will be ranked as per the categories below:

- Middle School Girls
- Middle School Boys
- High School Girls
- High School Boys
- Overall school

Individual certificates will be awarded to the 1st, 2nd and 3rd placements per category.

The 3 fastest runners per school, per category will score points for their school based on their position on the leaderboard (e.g. 1<sup>st</sup> place = 1 point, 2<sup>nd</sup> place = 2 points etc.). Each school's points will be totalled to calculate their final score. The school with the lowest score is the overall winner. Please note, only schools who enter a full team (16 students) will be eligible for the overall winning school category.

**Example:**

MS Girls: 1<sup>st</sup>, 4<sup>th</sup>, 9<sup>th</sup> position  
MS Boys 4<sup>th</sup>, 10<sup>th</sup>, 12<sup>th</sup> position  
HS Girls 3<sup>rd</sup>, 4<sup>th</sup>, 10<sup>th</sup> position  
HS Boys 2<sup>nd</sup>, 8<sup>th</sup>, 12<sup>th</sup> position  
Total score: **79**

#### **4. Eligibility**

Each school may enter up to the stipulated number of students (as above), with no minimum number of participants from each school.

The Virtual Cross-Country Meet is organised for students who attend a COBIS school.

Only students born between 1<sup>st</sup> September 2007 and 31<sup>st</sup> August 2010 may be entered into the Middle School Team.

Only students born between 1<sup>st</sup> September 2003 and 31<sup>st</sup> August 2007 may be entered into the High School Team.