



## The INVOC SCHOOLS “O” League 2024

SMALL SCHOOLS League (School Roll<50) Best 4 runners scores will count at each event

LARGE SCHOOLS League (School roll>50) Best 8 runners will count at each event

SECONDARY SCHOOLS League (if we have enough participating schools) Best 8 runners scores will count at each event

How the scoring works.....

- The winner on each colour course will score 100 points. The second placed runner will score 99, third 98 and so on down to a minimum of 10. Runners who miss punch will score 10 for participating.
- The top performances for each school (the number is dependent on school size – see above) will count toward the school score for that event. (There will be a separate league for small schools with a roll < 50. For the small school league, the best 4 performances will count).
- No runner may run more than one competitive course per event.
- Competitors may run as a pair, but all competitors will be issued with a dibber and a map and must download their individual dibber in order to get a score for the event. Competitors expecting to gain a top 10 place are expected, in the spirit of the competition, to run as an individual.
- Shadowing of competitors is permitted but in the spirit of the competition the supervising adult is expected to walk the course.
- Competitors are expected to run the colour course suited to their experience. White, Yellow, Orange and Light Green courses are included in the league.
- Junior placings only will used to determine the league points. At some events adults may also participate in the league courses (typically light green/green) but whilst their time

and position will be shown on the actual results, league points will only be allocated according to the junior placings.

- In addition to the overall primary school league, secondary school league and small school league there will be prizes for the best performing boy and girl in each of the age categories (P4/5, P6/7, S1/S2)
- Secondary pupils S3-S6 can participate and represent their schools for the team prize. Due to low numbers in this category there is no individual award for S3-S6 pupils.
- For both the overall school prize and individual prizes, the score from each of the 3 league events will added together and the highest score wins
- Junior individuals who have taken on the role of “planner” for an event and therefore have been unable to run a course will be awarded 100 points for that event

Hope you enjoy taking part in the events. If you have any comments/queries please contact Susan Blackwood ([schools.invoc@gmail.com](mailto:schools.invoc@gmail.com)).