SCOTTISHATHLETICS VIRTUAL DISTANCE CHALLENGE
24th-27th April 2020

Entry
- Registration is through the **scottish**athletics online club or individual portal
- Entry is **FREE** to **scottish**athletics affiliated members; non-member entry is **£2** per athlete
- Entry is open to athletes in the U13, U15, U17, U20, Senior and Masters age groups. Age groups are based on the current 2019-20 road competition year.

Scoring Categories
1. Total Distance by Individual Age and Gender
   This category ranks individual athletes in each age group and gender category running the furthest in 15 minutes

2. Total Distance by 4 Person Mixed Team – 4 x 15 min Runs
   This team category ranks teams of 4 athletes (from the same club, same age group; 2 male and 2 female) who covered the farthest distance for their club in 1 hour.

3. Total Distance by Age Category
   All distances from all runners in each age group category count towards the club's distance for U13, U15, U17, U20, Senior and Masters.

4. Total Distance by all Club Members (U17 to Masters)
   Every extra kilometre counts in this total club distance category, which adds up the distances run by all members of all ages and genders to give one club total.

5. Total Distance by all Club Members (U13 and U15)
6. Every extra kilometre counts in this total club distance category, which adds up the distances run by all members of all ages and genders to give one club total.

Results
- Performances should be submitted online to **scottish**athletics by the athlete taking part and state the distance covered in **kilometres**
- Athletes must make their runs **PUBLIC** on their Garmin/Strava profile to allow results scrutiny.
- For U13 and U15 athletes, due to issues with Strava and Garmin for those under 13, distances submitted by individuals or by clubs in any format will be accepted. Either via Strava/Garmin for U15s; via Strava / Garmin for U13s and U15s when borrowed from an adult household member; or simply distance recorded by another means.
- Club results are calculated using combined valid runs by registered club members within the challenge timeframe.
- In the team categories, the farthest runs over each 15 min run by athletes from the same club will contribute to the 'A' team. The next best results will make up the club's 'B' team, and so on to include all athletes competing. Clubs can enter as many teams as they wish.

GENERAL RULES

These general rules apply to all **scottish**athletics Virtual Challenge events

Safety
- Athletes MUST avoid popular running/walking routes or busy parks.
- Be considerate to other people by keeping a 2m (minimum) distance at all times when passing.
- Do not drive somewhere to run.
- ALL runs must start and finish at around the same point – either lapped or out and back.
- Lapped courses must not include laps of less than 1km.
- Runs MUST be completed solo, other than U13 and U15 athletes who should be accompanied by an adult: under 13 athletes must be supervised by a responsible household member at all times, and under 15 athletes should be accompanied if appropriate.

All current government guidelines regarding Social Distancing must be strictly adhered to. Any changes to these guidelines will be implemented immediately.

Challenge Rules
- Distances must be run between 00:00 on Day 1 and 23:59 on Day 4 of the challenge.
- 1 attempt per person
- Results must be submitted by 12:00 on Day 5 of the challenge, using the instructions on the entry page. Runs should be named 'SA Virtual Challenge'
- **Strava or Garmin** are the only apps that can be used: other running apps are not compatible with the scoring system.