

LINCOLNSHIRE ATHLETICS ASSOCIATION

CROSS COUNTRY CHAMPIONSHIPS 2008

LONDON ROAD, LOUTH

SUNDAY 6th JANUARY 2008
(Under U.K. Athletic Rules)

RULES FOR ENTRY

ENTRIES – All entries must be on official Lincolnshire Cross Country Championship Entry Form. Please enter all athletes of a particular age group together, in alphabetical order. Members of North of England clubs or England Athletics please state their Registration Number on the entry form.

ENTRY FORMS – Please return completed entry forms to the Entry Secretary (see below), with an entry fee of £1.50 for each athlete, cheques payable to Lincs. A.A. – No team entry fee.

CLOSING DATE FOR ENTRY – Saturday 29th December 2007. Person completing entry form will be responsible for entries being correct. Incorrect entries may lead to disqualification on the day.

- NO LATE ENTRIES ACCEPTED -

CHECK CAREFULLY – No athlete shall join a cross country race who is not qualified to compete. Athletes infringing this rule shall be liable to expulsion from any race under the jurisdiction of U.K. Athletics and could render their club liable to disqualification.

CLUB VEST – The correct vest must be worn, otherwise individuals and teams will be disqualified.

AWARDS – Badges to 1st, 2nd and 3rd individuals and 1st, 2nd and 3rd teams.

TEAMS – Consist of **three** to score. Junior/Senior/Vet Men and any other combined age groups; each age group will be scored separately.

NUMBERS – Will be issued at Registration.

FIRST AID – Will be in attendance. Changing facilities and refreshments will be available.

FIRST RACE – 12 noon.

AGE GROUPS – The age group is that prior to the commencement of the competition year.
i.e. 1st October to 30th September in the following year:

For U13, U15 and U17 the age is that at midnight on 31st August.

The U20 age group is confined to competitors who are 17 or over on 31st August, but under 20 on 31st December in the calendar year of competition.

MINIMUM AGE – In the U13 age group, the lower age range will be restricted to 11 years on the day of the competition. Veterans – age as on the day of the competition.

U11s – The organising club, Louth AC, will be staging a **non-championship** race for U11s, the start time to be 11:50. Entries will be accepted on the day.

ENTRY FORMS – Details and blank entry forms from, and completed entry forms to,

E.C. Butcher, 26 Rycroft Avenue, Deeping St. James, PETERBOROUGH, PE6 8NT
Tel: 01778 345 062.