

LINCOLNSHIRE ATHLETIC ASSOCIATION

CROSS COUNTRY CHAMPIONSHIPS 2010 RISEHOLME PARK, LINCOLN.

SUNDAY 10th JANUARY 2010
(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. Please state your England Athletics Number if known.

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 2ND January 2010. 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, also Junior/Vet Women, will compete as combined events, but each age group will be scored separately. Senior Women separate age group. Veteran Women can elect to compete in Senior Race and only score in Senior age group.

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.

INTERCOUNTY SECTION CRITERIA. The first four athletics at the County Cross Country Championship will be selected with the remaining athletes selected at the discretion of Team Managers.

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.