

# SUFFOLK CROSS COUNTRY CHAMPIONSHIPS

## CONDITIONS OF ENTRY TO THE EVENT

### 1 Qualifications for Entry in the Suffolk Cross Country Championships

- I) Teams of First Claim members of any English Cross Country Club or Individual First Claim Member of any English Cross Country Club are eligible to compete in the Championships provided they meet County Qualifications.
- II) Full Time Education members of a recognised School Association will represent the school if they enter a team otherwise they can represent their Club.
- III) The team scoring the least number of points, according to the positions in which the members of the team finish, whose positions are to count, shall be the winning team. The positions of the non-scoring members of a team whether if finishes all of its members or not, shall be scored in computing the totals of the other teams. In the event of a tie on points, the team whose last scoring member finishes nearest first place shall determine the result.
- IV) Entry Fees for the year 2017/18 are £8.00 for Senior's (over 18) and £6.00 for Junior's. The entry fee may change each year.

### 2 Distances

Under 11 Girls & Boys	2Km		
Under 13 Girls & Boys	3Km	Under 15 Girls & Boys	4Km
Under 17 Women	5Km	Under 17 Men	6Km
Under 20 Women	6Km	Under 20 Men	8Km
Senior Women	8Km	Senior Men	12Km

### 3 Entries

- i) All entries must include the Full Name & Address, DoB, England Athletics License Number and their registered Club.
- ii) None Club members will be accepted, provided they meet the requirement as laid down in the UKA Rule book Rule 9 (2).

### 4 Disqualifications

All affiliated club members competitors **MUST** wear club colours. Failure to do so will lead to disqualification. Unless agreed by the referee at his/hers discretion.

### 5 Age Groups

- i) Age groups for Cross Country shall be taken as at Midnight 31<sup>st</sup> August / 1<sup>st</sup> September at the beginning of the competition year for the for the following groups  
Under 11 Girls & Boys (9/10 years old, on reaching the age of 9 on the day of competition)  
Under 13 Girls & Boys (11/12 years old) Under 15 Girls & Boys (13/14 years old)  
Under 17 Women & Men (15/16 year old)
- ii) Age groups for Cross Country for the Under 20 and Senior Women & Men will be as per IAAF Rule which is on 31<sup>st</sup> December in the year of competition. Under 20 Women & Men (18/19 years old) Senior Women & Men (20years plus)

### 6 Awards

- i) Individual awards will be presented to **first three finishers** in each race i.e. First, Second and Third overall. If a Master in any category were to finish in any of the first three positions they be awarded their age category award as well as the overall position award.
- ii) Team awards in all races from Under 13's to the Under 20's (both sexes) it will be the first three athlete's to finish constitutes as **one team only**.
- iii) Seniors Teams to consist of, Male 6 to run 4 to score, Female 4 to run 3 to score. Clubs wishing to declare more than one team at i.e. "A", "B" or "C" **MUST** do so with the names of each team member at least 30 minutes before the start there race, otherwise it will be taken that the first three ladies or the first 4 men home to count as a Team.
- iv) All club teams **MUST** be affiliated to Suffolk AA to count as a team.
- v) Masters age categories are,
  - i. Female F40, F45, F50, F55, F60 & F65,
  - ii. Male M40, M45, M50, M55, M60, M65 & M70.
- vi) All masters age categories are taken as age on the day of the race.