

CROSS COUNTRY CHAMPIONSHIPS 2012

(under UKA rules)

at FAIRLANDS VALLEY PARK, STEVENAGE

SUNDAY 8th JANUARY starting at 11 am

AGE GROUPS

Under 11	9 or 10 years old on 31.8.11	(birth dates 1.9.00 to 31.8.02)
Under 13	11 or 12 years old on 31.8.11	(birth dates 1.9.98 to 31.8.00)
Under 15	13 or 14 years old on 31.8.11	(birth dates 1.9.96 to 31.8.98)
Under 17	15 or 16 years old on 31.8.11	(birth dates 1.9.94 to 31.8.96)
Under 20	17,18,19 years old on 31.8.11	(birth dates 1.9.91 to 31.8.94)
Senior	20 years and older on 31.8.11	(birth dates on or before 31.8.91)

PROVISIONAL TIMETABLE (with approximate distances)

11.00am	U/11 GIRLS	1500m
11.10am	U/11 BOYS	1500m
11.20am	U/13 GIRLS	3000m
11.30am	U/13 BOYS	3000m
11.45am	U/15 GIRLS	4500m
	U/15 BOYS	4500m
12.05pm	U/17 WOMEN	6000m
	U/20 WOMEN	6000m
	U/17 MEN	6000m
12.30pm	U/20 MEN	8000m
	SEN WOMEN	8000m
1.15pm	SEN MEN	12000m

RULES

No competitor may be entered in more than one County's championships - qualification is by birth or residence (UKA Rule 9 (2) applies). The nine-month rule can be waived for men and women under 17 years on 1.9.2011 provided that they have not competed for another county since 1.10.2011. Only HCAAA affiliated clubs and schools will be eligible for team medals.

NUMBERS

Numbers to be collected from race HQ

MEDALS

Medals will be awarded to the first 3 individuals in each age group and to the first 3 teams eligible in each age group.

COURSE MARSHALS

These officials are vital for the successful staging of these Championships - each Club should provide two people to do this job on the day. Those Clubs that do not provide this support should send £10 for each Marshal not provided to defray the expenses of others who may have to be recruited. Clubs already providing two or more appointed officials are excused from providing marshals – unless, of course, they have volunteers willing to add to the ranks!!

COUNTY TEAMS

County Team Managers will be handing out letters to selected athletes for possible inclusion in the County's teams at the CAU meeting at Birmingham on March 10th 2012 - the first twelve finishers in all races (except the under 11s) should contact County Team Managers immediately after their race.

TEAM MANAGERS

Women (all ages) SALLY STEVENS