

SUFFOLK COUNTY ATHLETIC ASSOCIATION
CROSS COUNTRY CHAMPIONSHIPS

Under UKA & E.C.C.A.Rules

Sunday 6th January 2019, at Culford School, IP28 6TX
First Event 11.30 a.m.

There is only an on-line entry procedure and the closing date is 16th December 2018

ON LINE ENTRY IS AT: <http://www.race-results.co.uk/results/2019/suffolkxce.php>

ENTRIES RECEIVED AFTER THE CLOSING DATE WILL NOT BE ACCEPTED.

TEAM AWARDS:- 1st 2nd AND 3rd - Medals and Trophy (where appropriate)

INDIVIDUALS:- 1st 2nd AND 3rd - Medals and Trophy (where appropriate)

SENIOR MEN and SENIOR WOMEN teams must be declared 30 minutes prior to the start of the race,
otherwise it will be one team only.

In all other races the first three home will be the scoring team.

Entry fees

Senior and Under 20's £8.00

U11, U13, U15 & U17 £6.00

**Please note:- Any audio devices must not be used.
Any athlete using headphones during a race will be disqualified.**

Age Groups

U11's Born on or between 06.01.08 and 06.01.10

U13's Born on or between 01.09.05 to 06.01.08

U15's Born on or between 01.09.03 to 31.08.05

U17's Born on or between 01.09.01 to 31.08.03

U20's Born on or between 31.12.99 to 31.08.01

Seniors Born on or before 31.12.99

Timetable

Event 1	U11 Girls and U11 Boys together				2Km	11.30	
Event 2	U13 Girls	3Km	11.45	Event 3	U13 Boys	3Km	12.00
Event 4	U15 Girls	4Km	12.15	Event 5	U15 Boys	4Km	12.35
Event 6	U17 Women	5Km	12.55	Event 7	U20 Women	6Km	13.10
Event 8	Senior Women	10Km	13.10	Event 9	U20 Men	8Km	14.10
Event 10	Senior Men	10Km	14.10	Event 11	U17 Men	6Km	14.40

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