

NOTTINGHAMSHIRE AAA
CROSS COUNTRY CHAMPIONSHIPS 2018
(In association with DERBYSHIRE AAA)
To be held at Shipley Park, Heanor.
Saturday 6th January 2018

EVENTS

U11 Girls	1.5k approx	11.00	U11 Boys	1.5k approx	11.15
U13 Girls	3k approx	12.45	U13 Boys	3k approx	12.05
U15 Girls	4k approx	14.00	U15 Boys	4.5k approx	14.20
U17/U20 Women	5k approx	13.30	U17 Men	6k approx	11.30
Senior/Vet Women	8k approx	11.55	U20/Senior/Vet Men	10k approx	12.35

AGE LIMITS

Ages as at 31st August 2017 for all age groups except vets where age on the day of the race will apply.
Under 11 Boys and Girls - 9 on the day of the race and under 11 on 31st August 2017 (school years 5 & 6)
Runners aged 11 on the day of the race can choose to run in the Under 13 races if they wish.
Under 13's are school years 7&8, under 15's are school years 9 & 10, under 17's are school years 11 & 12.
Veteran Men 35-44, 45-54, 55-64,65-74, over 75 on the day of the race
Veteran Women 35-44, 45-54, 55-64,65-74 Over 75 on the day of the race

TEAMS

Under 17/20 women will be a combined team competition using any combination of runners (3 to score).
Senior Men which will be 6 to score, Veteran Men 4 to score, all others 3 to score.
There is **NO** Under 20 Men's team competition.
Under 20 and Veteran Men may score in a Senior Men's team.
Teams will be scored using the first required number of athletes 6/4/3 to finish. B teams etc would score the next 6/4/3 whatever number required for that age group.
Veteran Men and Veteran Women who wish to score as separate veteran teams must be declared otherwise they will be included in the senior team.

All race numbers to be collected on the day. Check www.nottsaaa.org for list of entries.

Athletes will NOT be allowed to run without wearing their number.

ENTRY FEES

No team entry fee, enter as individuals. Entry fee : **U11 Boys and Girls £2-00, all others £5-00**
Cheques and Postal Orders made payable to NOTTINGHAMSHIRE AAA

Individual runners are to wear club/school, County, Area or International vests.
Athletes wearing any other vest risk disqualification unless they have the Referee's permission.
All team members must wear their club vests.

QUALIFICATION. Runners must have been born in or, have been a resident for at least 9 months prior to the day of the competition in Nottinghamshire. Runners are ineligible if they have competed in another County Championships or represented another County in the 12 months prior to the championships. All entrants in u13 age groups upwards must be EA registered

The CAU Inter Counties Championships will be held on 10th March 2018 at Prestwold Hal, Loughborough
Selection for the Nottinghamshire Team will be based mainly on these Championships.
Selection policy criteria is available on the website www.nottsaaa.org

CLOSING DATE FOR ENTRIES WILL BE Sunday 10th DECEMBER 2017

Absolutely NO LATE ENTRIES will be accepted.

CAR PARKING CHARGES WILL APPLY AT THE VENUE

