

DEVON COUNTY CROSS COUNTRY CHAMPIONSHIPS AT EXETER ARENA 2 DECEMBER 2018

The Championships are organised for Devon County AA by Exeter Harriers

UNDER UK: ATHLETICS RULES FOR COMPETITION

Permit no

RACE TIMETABLE	Distance			Distance
12.15 Under 11 Boys and Girls Development Run	1650 metres	(This is not a County Championship Event)		
12.30 U17 Men, U17, U20, Sen & Vet Women	5000 metres		13.30 Under 15 Girls	3900 metres
13.00 Under 13 Girls	3000 metres		13.50 Under 15 Boys	3900 metres
13.15 Under 13 Boys	3000 metres		14.15 U20, Senior & Vet Men	8900 metres

INFORMATION FOR ATHLETES AND TEAM MANAGERS

ANY INFORMATION YOU PROVIDE ON THE ENTRY FORM WILL ONLY BE USED AS STATED IN THE COUNTY GDPR POLICY WHICH IS DISPLAYED ON THE DCAA WEB SITE.

ANYONE WHO WANTS TO BE CONSIDERED FOR THE DEVON TEAM MUST ENTER THE CHAMPIONSHIP

Entries can be made on the form provided (PLEASE USE BLOCK CAPITALS) or on line.

Parking is available at Exeter Arena.

Pre race information, numbers and programmes will be available from the Exeter Harriers Clubhouse

The course is undulating grassland First Aid will be provided.

TO GET TO THE START ALL COMPETITORS AND SPECTATORS MUST GO ACROSS THE CAR PARK AND FOLLOW THE MARKINGS ALONG THE PATH BESIDE THE FENCE TO GET TO THE COURSE

NO ONE MAY CROSS ANY OF THE RUGBY PITCHES.

Snacks and hot and cold drinks will be available at the Exeter Harriers Clubhouse

There are no changing and shower facilities available so please come changed.

CLUB VESTS MUST BE WORN AND NUMBERS MUST BE WORN AS ISSUED

Numbers must be securely attached to the vest by 4 pins so as to be clearly visible.

If only one number is issued it must be worn on the FRONT of the vest.

Trophies will be awarded to the first team in each race. Senior Men 6 to count, all other categories 3 to count.

The first 6 finishers for a Club in the Senior/Vet Men's Race and the first 3 finishers

for a Club in the Senior/Vet Women's Race will score as the Senior Team.

The first 3 Masters to finish will score as the masters A team, the next 3 as B team etc

even if they score in the Senior team.

Medals will be awarded to the 1st, 2nd and 3rd individuals and to the first 3 teams in each race.

(Masters individual medals in each 5 year age group)

AGE GROUP DEFINITIONS

(UKA Rule 141 S3)

Under 13 Girls and Boys must be at least 11 on 2 December 2018

and not more than 12 years old on 31st August 2018

Under 15 Girls and Boys must be 13 or 14 years old on 31st August 2018

Under 17 Men & Women must be 15 or 16 years old on 31st August 2018

Under UKA Rules U20 Men & Women must be 17, 18 or 19 years old on 31st August 2018

BUT since the National event is held under IAAF rules anyone who is age 20 or over

on 31st December 2018 would be a SENIOR for this event. Therefore anyone who will

be 20 between 1st Sept 2018 and 31st Dec 2018 can only be selected for the SENIOR team for the National event

Senior Men and Women must be at least 20 years old on 31st August 2018

Masters - Men and Women must be at least 35 years old on 3 December 2018

Janet Phillips Hon Sec DCAA