**NEWCASTLE CROSS COUNTRY**

**PETER ROSE CLASSIC TERMS AND CONDITIONS**

**Events:**

The Peter Rose Classic is a team based event. The team is made up of 5 competitors and will be formed by random draw on the day, in such a way that minimises the differences between team average pace – in other words, we expect the teams to be evenly matched. All team members must compete in the 3 events as follows:

1. Normal cross country – short, medium and long distances, with a scratch start. Points will be awarded according to the placing of each team member in the distance they enter. There must be at least 1 team member competing in each of the different race distances. For each distance, place cards will be handed out at the finish line. The team with the lowest sum of all five finishing positions will be awarded 100 points, 2nd 95 points, 3rd 90 points, etc.
2. Sprint Relay – The sprint relay is a 5 x 400m. Each member from the team will compete in this event. Place cards will be handed out as the final team member crosses the finish line. The team that finishes first will be awarded 100 points, 2nd 95 points, 3rd 90 points etc.
3. Drop-off Relay – 1 x 1k, 1 x 2k, 1 x 3k, 1 x 4k, 1 x 5k legs

One leg to be completed by each team member. All members of the team start together. The team run together and after completing each lap one of the remaining team drops out, whilst the remaining team members continue. This is repeated until there is only one team member left who completes the last leg. The first team to complete the relay will be awarded 100 points, 2nd 95 points, 3rd 90 points etc.

**Prizes:**

All members of the team which accumulates the highest number of points as a cumulative total of the three events will receive a prize. Prizes will be presented on the day.