

# NEWCASTLE CROSS COUNTRY INC

## Road Relay Championships

**Entries:** Closing time for entries is 1:30 pm **NO LATE ENTRIES**

**Starting Time:** 2:00 pm

**Eligibility:** All members of Newcastle Cross Country Incorporated are eligible to compete. Schools are welcome to enter teams. Runners who are not currently Cross Country members can join on the day. Membership joining fees apply.

**Prizes:** Medals will be awarded to each of the runners in the 1<sup>st</sup> placed team in each category. Certificates will be awarded for 2<sup>nd</sup> and 3<sup>rd</sup> place. A team will only be eligible for an award in one category, e.g. a team made up of veteran runners can win in open or veteran category, on the basis they enter, but cannot win in both categories.

**Categories:** Females may enter in male teams MIXED gender teams may compete but will be classed as a MALE team. **Age categories are based on the AGE of runners on the DAY of the event**

Please organise and nominate your team as early as possible. The Committee will organise teams on the day of the event for runners who do not have a place in a team. As there is a large amount of organising involved, be early. Particularly if you want to run and don't have a place in a team.

Category	Distance
U10 Male and Female	3 x 2 km
U12 Male and Female	3 x 2 km
U14 Male and Female	3 x 2 km
U16 Male and Female	3 x 4 km
U18 Male	3 x 4 km
U18 Female	3 x 4 km
Open Male	3 x 4 km
Open Female	3 x 4 km
Veteran Male	3 x 4 km (40+)
Veteran Female	3 x 4 km (35+)

Competitors Names	Athlete Rego No	Date of Birth	Age
<b>TEAM NAME</b>			
<b>Category team competing in</b>		<b>Male or Female</b>	

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