

# NEWCASTLE CROSS COUNTRY INC

## Millington Championships

**Entries:** Entries are automatic, if the eligibility criteria are met.

**Starting Time:** 2:00 pm

**The Event:** Races are conducted over distances of 3, 5.3 and 10.6 km.

**Eligibility:** Entry is open to all members of Newcastle Cross Country Incorporated who have completed 4 NXC events during the current season prior to this event.

**Age Group:** Age on the day

**Prizes:** Newcastle Cross Country Millington Perpetual Trophy. All athletes who are registered with NXC and completed 4 events in the current season are eligible for the Millington Perpetual Trophy award.

All members of NXC who enter the 10.6 km event will be eligible for the Open awards. Each athlete can only win one award in one category. Trophies for first place male and female in the following categories.

### Categories:

Open Male and Female	10.6 km
Male and Female (20-24) (25-29) (30-34) (35-39) (40-44) (45-49) (50-54) (55-59) (60-64) (65-69) and 70+	10.6 km
U20 Male and Female	10.6 km
U18 Male and Female	5.3 km
U16 Male and Female	5.3 km
U14 Male and Female	3 km
U12 Male and Female	3 km
U10 Male and Female	3 km
U8 Male and Female	3 km