

# NEWCASTLE CROSS COUNTRY INC

## Millington Championships

Entry forms will be available on the day from the check in desk

**Entries:** Closing time for entries is 1:30 pm

**Starting Time:** 2:00 pm

**Venue:** As per seasons program

**The Event:** Races are conducted over distances of 2, 3, 6, 8 and 12 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. Runners can enter in only one category. Registered runners should wear their club uniform and display their current registration number.

**Prizes:** Newcastle Cross Country Millington Perpetual Trophy. Only those athletes who are registered with Athletics NSW and their home club is in the Hunter, Port Hunter or Lake Macquarie Zone areas will be eligible for the Millington Perpetual Trophy award.

All other members of NXC, registered with ANSW or not will be eligible for the other awards available for first male and first female in each of the categories.

**General Categories** – Trophies for first place male and female in the following

12 km	Open / U20 / 35-39 / 40-44 / 45-49 / 50-54 / 55-59 / 60-64
8 km	65-69 / 70+
6 km	U16 / U18
3 km	U12 / U14
2 km	U10