

NEWCASTLE CROSS COUNTRY INC

Road Relay Championships

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

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

Starting Time: 2:00 pm

Venue: As per the current seasons program

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 1st placed team in each category. Certificates will be awarded for 2nd and 3rd 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.

U12 male and female	4 x 2 km
U14 male and female	4 x 2 km
U16 male and female	4 x 3 km
U18 male	4 x 3 km
U18 female	3 x 3 km
Open male	4 x 5 km
Veteran male	4 x 5 km (40+)
Open female	3 x 5 km
Veteran female	3 x 5 km (35+)

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.