

SOUTHERN CROSS COUNTY MAIN CHAMPIONSHIPS

Saturday 28th January 2023 – Beckenham Place Park, Beckenham, BR3 1SY

ONLINE ENTRY AVAILABLE VIA SEAA.ORG.UK

*** CLOSING DATE FOR ENTRIES IS FRIDAY 16th DECEMBER 2022 ***

AGE CATEGORIES

Under 15 Boys <i>Aged 13 or 14 on 31st August 2022</i>	4500m
Under 15 Girls <i>Aged 13 or 14 on 31st August 2022</i>	4500m
Under 13 Girls <i>Aged 11 on the day of competition or 12 on 31st August 2022</i>	3000m
Under 13 Boys <i>Aged 11 on the day of competition or 12 on 31st August 2022</i>	3000m
Under 17 Men <i>Aged 15 or 16 on 31st August 2022</i>	6000m
Under 20 Women <i>Aged 17, 18 or 19 on 31st August 2022</i>	6000m
Under 17 Women <i>Aged 15 or 16 on 31st August 2022</i>	6000m
Under 20 Men <i>Aged 17, 18 or 19 on 31st August 2022</i>	8000m
Senior Women <i>Aged at least 20 on 31st August 2022</i>	8000m
Senior Men <i>Aged at least 20 on 31st August 2022</i>	15000m

Athletes may only compete in their own age group

ENTRY FEES

£10 per individual

Senior Men - 6 to score in a team.
All other races - 4 to score in a team.

CHIP TIMING

Chip Timing will be used.
Failure to return your chip may result in
you being charged.

SENIOR MEN'S RACE - Note to Team Managers and Individual Athletes.

You are respectfully reminded this is a Championship event. In the interests of health and safety of our officials and volunteers we have found it necessary to have a cut off time. If athletes have not started their 3rd lap by 50 minutes they are advised they will be unlikely to complete the course in 90 minutes when times will stop being recorded.
Any runner deciding to continue against this advice will be running at their own risk.

CONDITIONS & DETAILS

Meeting will be held under UKA and ECCA Rules.

Clubs wishing to take part must be affiliated to England Athletics and the SEAA and have stated their intention to take part in Cross Country events. All athletes entered MUST be FIRST CLAIM MEMBERS of their club. Anyone whose transfer has not yet been approved by England Athletics is ineligible for team competition but may be entered as an individual. All athletes must be registered with England Athletics.

SEAA medals will be awarded to the first three placed competitors and the scoring team members of the first three placed "A" teams in each group. A plaque will be awarded to the winning team and the winning individual in each race.

In the event of a meeting or event being cancelled, 80% of the entry fee will be refunded.

SEAA Competition Limited shall not be liable to the participant for any loss, damage or injury however caused arising out of or in the course of, or in connection with the holding of the event. The Association reserves the right to refuse or limit entries, vary the programme of events and cancel the Championships under extreme circumstances.