

**WARWICKSHIRE COUNTY ATHLETICS ASSOCIATION
2019 Cross Country Championships**

**Saturday 5th January 2019 at HMPSC Newbold Revel
to be held jointly with the Worcestershire AAA Championships
hosted by Warwickshire County AA**

Age group	Birthday range	Distance	Start time	Presentation Time	Team counters
U13 Boys	1/9/2005 to 5/1/2008	3000m	11.00	11.40	3 to count
U13 Girls	1/9/2005 to 5/1/2008	3000m	11.05	11.45	3 to count
U15 Boys	1/9/2003 to 31/8/2005	4000m	11.30	12.15	3 to count
U15 Girls	1/9/2003 to 31/8/2005	4000m	11.35	12.20	3 to count
U17 Women	1/9/2001 to 31/8/2003	5000m	12.00	12.55	3 to count
U20 Women	1/9/1998 to 31/8/2001	5000m	12.00	12.55	3 to count
U17 Men	1/9/2001 to 31/8/2003	6000m	12.35	13.30	3 to count
U20 Men	1/9/1998 to 31/8/2001	6000m	12.35	13.30	3 to count
Senior Women	5/1/1984 to 31/8/1998	6000m	13.10	14.20	3 to count
Masters Women (O35)	Age 35 & older on 5/1/2019	6000m	13.10	14.20	3 to count
Senior Men	5/1/1984 to 31/8/1998	10000m	14.00	15.15	4 to count
Masters Men (O35)	Age 35 & older on 5/1/2019	10000m	14.00	15.15	4 to count

Age Groups

These Championships use the same age group definitions as the Birmingham Cross Country League and the West Midlands Young Athletes League. U13s must be at least 11 years old on the day of competition. Masters should be 35 or older on the day of competition. Masters and U20s can enter their own age group or as a Senior but will only count towards the individual and team events as declared on the entry form.

Eligibility

Do not enter this event unless you are eligible for Warwickshire. County qualification is either by birth in the County, by 9 months continuous residence prior to competition in the County or by 9 months service in a unit of HM forces stationed in the County.

The Warwickshire County is defined as the Warwickshire pre-1974 boundary which includes Birmingham, Coventry, Solihull and present Warwickshire areas.

Rules

Athletes must be current first claim members of the Club for which they have entered.

Only Clubs Affiliated to Warwickshire County AA will be eligible for team awards.

Only first claim athletes are eligible to score in team competition.

Any number of eligible Athletes can be entered per Club.

Awards

In events where age groups are combined, athletes will only be eligible for awards in the race category (age group) for which they have entered.

In the case of equal team scores, the first team to cross will be declared the winner.

Please note that B-teams are not eligible for Team Awards as this is an event for Clubs.

There is now an award for the best Club overall – The Heeley Trophy.

Presentations

Medals and awards (team & individual) will be presented according to the timetable (see above)

Entry fee

Masters and Seniors £6.00 per individual. All other age groups (U13 – U20) £5.00.

Closing date

Entries to arrive no later than Thursday 13th December 2018

Cancellation

In the unlikely event that the event is cancelled, entry fees will be refunded less 20% to cover unavoidable costs.

Programmes

There will be no printed programme on the day. You can download one from the web site.

Inter Counties

These Championships are the principal criteria for selection to the Inter Counties Cross Country Championships (All age groups) **to be held on 09/03/2019**. Selection for each age group team will be determined by the first three eligible athletes to cross the line in each race. The rest of the team will be selected by Team Managers. The County Association and its Team Managers reserve the right to exclude athletes who have previously been disrespectful to the Association or its Officers. See the County web site for a full description of the selection policy.