

WARWICKSHIRE COUNTY ATHLETICS ASSOCIATION
Cross Country Championships Saturday 16th December 2023
at Warley Woods: Lightwoods Hill, Smethwick, B67 5NA
to be held jointly with the Worcestershire AA Championships
hosted by Worcestershire County Athletics Association

Age Group	Birth Dates	Distance	Start Time	Presentation Time	Team Counters
U11 Boys	01/09/2012 – 31/08/2014	1500m	10.45	11.20	3 to count
U11 Girls	01/09/2012 – 31/08/2014	1500m	10.48	11.25	3 to count
U13 Boys	01/09/2010 – 31/08/2012	3000m	11.00	11.40	3 to count
U13 Girls	01/09/2010 – 31/08/2012	3000m	11.03	11.45	3 to count
U15 Boys	01/09/2008 – 31/08/2010	4000m	11.20	12.05	3 to count
U15 Girls	01/09/2008 – 31/08/2010	4000m	11.23	12.10	3 to count
U17 Women	01/09/2006 – 31/08/2008	5000m	11.50	12.50	3 to count
U17 Men	01/09/2006 – 31/08/2008	6000m	12.25	13.25	3 to count
U20 Women	01/09/2003 – 31/08/2006	7000m	13.00	14.20	3 to count
Senior Women	16/12/1983 – 31/08/2003	7000m	13.00	14.20	3 to count
Masters Women (O35)	Before 16/12/1988	7000m	13.00	14.20	3 to count
U20 Men	01/09/2003 – 31/08/2006	10000m	14.00	15.15	3 to count
Senior Men	16/12/1983 – 31/08/2003	10000m	14.00	15.15	4 to count
Masters Men (O35)	Before 16/12/1988	10000m	14.00	15.15	4 to count

- Gender/Age Groups** The Female race is for people who were born as female. The male race is Open to all genders. 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.
- Eligibility to compete** 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. All athletes must wear a club or representative vest.
- 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 close 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.
- Entry fee and closing date** Masters and Seniors £7.00 per individual. All other age groups (U11 – U20) £5.50. (note that the entry system E4S also imposes an administration fee). Entries to arrive no later than Sunday 26th November 2023. If the event is cancelled, the entry fees will be refunded less 20% to cover unavoidable costs.
- Entry system** Entries to be submitted online only at entry4Sports.co.uk - **Event number 524**
- Programmes** There will be no printed programme on the day. You will be able to download one from the County web site after entries have closed.
- Inter-counties** These Championships are the principal criteria for selection to the Inter Counties Cross Country Championships (All age groups U13 and above) **to be held in March 2024**. 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.
- Anti-doping rules** An entrant shall be deemed to have made him/herself/their self, familiar with, and agreed to be bound by the UKA Anti-Doping Rules and to submit to the authority of UK Anti-Doping in the application and enforcement of the Anti-Doping Rules. The UKA Anti-Doping Rules apply to entrants participating in the sport of Athletics, for 12 months from the date of entry, whether or not the licence holder is a citizen of, or resident in, the UK

Warwickshire County AA web site is at www.WarwickshireAthletics.co.uk
Look for Warwickshire County Athletics Association on Facebook too.