

EAST DISTRICT CROSS COUNTRY LEAGUE 2013/14

PARKING

The popularity of the league means parking is always stretched.

- (1) If possible car share.
- (2) Do not park on grass verges within school grounds.
- (3) If parking in residential streets do so considerately.

NUMBERS

All athletes should run with their club number and club vest.

In Under 11 and Under 13 Boys and Girls races athletes wear their club number. **It is not necessary for Under 11 and Under 13 Girls to have a "G" after their club number.**

Under 15 Girls should have a large "G" next to their club number.

Under 17 Women and Senior Women should mark a large "L".

Masters Women (Over 40) mark a "LV".

Junior Women (Born between 1/9/93 to 31/8/96) mark a large "J".

In Senior/Junior Men's race Junior Men (Born between 1/9/93 to 31/8/96) mark a large "J". **Masters Men (Over 40) a large "V".**

RECORDING SLIPS (from declarations)

After each race someone from each club should hand in at the finish area a recording slip listing all athletes from the race in finish order.

In U15 Girl's/U17 Women's Race Girls and Women should have a "G" or "L" next to the name on the recording slip.

AGE CATEGORIES BORN DURING

Under 11 1/9/02 to 31/8/04

Under 13 1/9/00 to 31/8/02

Under 15 1/9/98 to 31/8/00

Under 17 1/9/96 to 31/8/98

Juniors 1/9/93 to 31/8/96

Seniors Born Before 1/9/93