

SOUTHERN CROSS COUNTRY CHAMPIONSHIPS 2019

(Under UK Athletics & ECCA Rules)

Parliament Hill Fields, London on Saturday 26th January 2019

Enter Online at seaa.org.uk

Under 15 Boys	4500 metres	11:00 am	Ages 13 & 14 on 31 st Aug 2018
Under 13 Girls	3000 metres	11:20 am	Ages 11 & 12 on 31 st Aug 2018
Under 13 Boys	3000 metres	11:35 am	Ages 11 & 12 on 31 st Aug 2018
Under 15 Girls	4000 metres	11:50 am	Ages 13 & 14 on 31 st Aug 2018
Under 17 Men	6000 metres	12:10 pm	Ages 15 & 16 on 31 st Aug 2018
Under 20 Women	6000 metres	12:40 pm	Ages 17, 18 & 19 on 31 st Aug 2018
Under 17 Women	5000 metres	1:05 pm	Ages 15 & 16 on 31 st Aug 2018
Under 20 Men	8000 metres	1:30 pm	Ages 17, 18 & 19 on 31 st Aug 2018
Senior Women	8000 metres	2:05 pm	Age must be 20 or over on 31 st Aug 2018
Senior Men	15000 metres	2:50 pm	Age must be 20 or over on 31 st Aug 2018

Under 13 Girls & Under 13 Boys must be at least 11 years the old on the day of the Competition.

ATHLETES MAY COMPETE ONLY IN THEIR OWN AGE GROUP

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 60 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.

ENTRY FEES

Senior Men the entry fee is £7 per individual. 6 to score in a team.

For all other races the entry fee is £7 per individual. 4 to score in a team.

AWARDS

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.

CHIP TIMING

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

QUALIFYING CONDITIONS

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.

ENTRIES CLOSE

Entries MUST arrive no later than **Friday 21st Dec 2018**. Enter online at seaa.org.uk

If sending in a postal entry please send **TWO** copies of your entry along with your remittance form & entry fees to:

SEAA Competition Ltd, Crystal Palace National Sports Centre, Ledrington Road, London SE19 2BB.

LATE ENTRIES WILL NOT BE ACCEPTED

The use of **Recorded Delivery** is strongly advised as the SEAA will not accept late or lost entries unless proof of posting can be provided.

The Club Official submitting the entry form is responsible for ensuring the eligibility (age and first claim) of the entrants and the suitability of the event for those entered.

In the event of extreme weather where the event must be cancelled, 80% of the entry fee will be refunded.

Please copy any extra sheets to your team managers and sectional secretaries and make additional copies of entry forms to your club's requirements.



**SOUTH OF ENGLAND ATHLETIC ASSOCIATION
2019 CROSS COUNTRY CHAMPIONSHIPS**

ENTRY FORM (AGE GROUP)

CLUB NAME:

CLUB COLOURS: (which must be worn)

**IF NOT ENTERING ONLINE PLEASE COMPLETE THE FORM BELOW IN BLOCK CAPITALS
AND ALPHABETICAL ORDER**

Surname	First name	Date of Birth	England Athletic Number (*)
1.			
2.			
3.			
4.			
5.			
6.			
7.			
8.			
9.			
10.			
11.			
12.			
13.			
14.			
15.			
16.			
17.			
18.			

(*) Failure to provide the England Athletics Registration Number for athletes will result in your entry being returned.
All competing athletes must be registered within their club via England Athletics.

All Competitors must wear registered vests of the same design and colour of the team they are representing.

Furnishing false or misleading information may render the Athlete and/or Club liable to disqualification

I hereby declare that all entrants are eligible to compete according to the laws of the governing body for UK Athletics, they are all duly elected members of the above named Club and that the following particulars are complete and correct.

NAME

POSITION IN CLUB SIGNED

EMAIL TEL.....



**THE SOUTH OF ENGLAND ATHLETIC ASSOCIATION
2019 CROSS COUNTRY CHAMPIONSHIPS**

Parliament Hill Fields, London on Saturday 26th January 2019

REMITTANCE FORM

ENTER ONLINE AT SEAA.ORG.UK

NO LATE ENTRIES WILL BE ACCEPTED.

If sending in a postal entry please return to: SEAA Competition Ltd, Crystal Palace National Sports Centre, Ledrington Road, London SE19 2BB

Cheques or Postal Orders payable to: SEAA Competition Ltd.

Return Envelope: A 1st Class stamped addressed C5/A5 envelope (229x 162mm) **MUST** be enclosed to receive confirmation of entry.

Entries: Must arrive no later than **Friday 21st December 2018.**

The use of **RECORDED DELIVERY** is strongly advised as the SEAA will not accept late or lost entries unless proof of posting can be provided.

FROM CLUB

ENTRY FEES

Senior Women	£7 each individual	£.....
Under 20 Women	£7 each individual	£.....
Under 17 Women	£7 each individual	£.....
Under 15 Girls	£7 each individual	£.....
Under 13 Girls	£7 each individual	£.....
Senior Men	£7 each individual	£.....
Under 20 Men	£7 each individual	£.....
Under 17 Men	£7 each individual	£.....
Under 15 Boys	£7 each individual	£.....
Under 13 Boys	£7 each individual	£..... =====
TOTAL		£ =====