

**EAST DISTRICT CROSS COUNTRY LEAGUE
2014/15**

AGE CATEGORIES

	Born During
Under 11	1/9/03 to 31/8/05
Under 13	1/9/01 to 31/8/03
Under 15	1/9/99 to 31/8/01
Under 17	1/9/97 to 31/8/99
Juniors	1/9/94 to 31/8/97
Seniors	Born Before 1/9/94

NUMBERS

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

FEMALES

With separate races its no longer necessary for Under 11 Girls, Under13 Girls and Under 15 Girls to mark a “G” next to their club number.

Under 17 Women should mark a large “L” next to their club number.

Masters Women (Over 40) mark a “LV”.

Junior Women (Born between 1/9/94 to 31/8/97) mark a large “J”.

MALES

In Senior/Junior Men’s race Junior Men (Born between 1/9/94 to 31/8/97) mark a large “J” .

Masters Men (Over 40) a large “V”.

RECORDING SLIPS

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

A separate recording sheet should be filled in for each race and the race marked clearly at the top of each card i.e. Under 11 Girls

Recording slips from declarations.

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.**