

EAST DISTRICT CROSS COUNTRY LEAGUE 2012/13

NUMBERS

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

FEMALES

U11, U13 and U15 Girls should have a large “G” next to their club number.

U17 Women and Senior Women should mark a large “L”.

Masters Women (Over 40) mark a “LV”.

Junior Women (Born between 1/9/92 to 31/8/95) mark a large “J”.

MALES

In Senior/Junior Men’s race Junior Men (Born between 1/9/92 to 31/8/95) 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 Males and Females for the club in finish order.

Girls and Ladies should have a “G” or “L” next to the name on the recording slip.

Recording slips from declarations.

Age Categories

	Born During
Under 11	1/9/01 to 31/8/03
Under 13	1/9/99 to 31/8/01
Under 15	1/9/97 to 31/8/99
Under 17	1/9/95 to 31/8/97
Juniors	1/9/92 to 31/8/95
Seniors	Born Before 1/9/92