

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

Under 17 Women and Senior 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.

Names should be printed clearly.

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.