

2020 Cross Country (F)



Entry Dates & How to Enter

Document Version: V1

Closing date: 16/10/2019

Publish draw date: 18/10/2019

Confirm squad date: 06/11/2019

N.B: Entries must be submitted by 6PM

i This date is when the Intention to Enter and an onsite Team Manager needs to be added to guarantee inclusion in the competition.

i This date is when London Youth Games publishes which Boroughs are entered into the competition.

i This date is when the squad details need to be entered on the entry management system.

i You will need to provide full details of your squad before the 'confirm squad date' so that each competitor can be checked and confirmed as eligible. Teams are submitted online.

Competition Dates and information

FINALS

Saturday 16th November 2019

Parliament Hill, Hampstead Heath NW5 1QR

Registration: 09:00 - 10:00

Competition: 10:50 - 13:45

Who is it for?

Competition Type: Open

Any Licence, minimum grade or standard required? TMs should ensure runners have sufficient experience to compete safely.

SQUAD NOMINATIONS

i This is the squad you originally nominate.

Minimum: 1

Maximum: 12 per event.

Alternates permitted: 2 (no new events)

TEAM ON THE DAY

i This is the team you bring to the competition.

Minimum: 1

Maximum: 12 per event

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Age Groups

Event	Oldest DOB	Youngest DOB	Likely School Year
Event 1: U15 Female	01/09/2004	31/08/2006	Year 9+10
Event 3: U11 Female	01/09/2008	31/08/2009	Year 6
Event 5: U13 Female	01/09/2006	16/11/2008	Some Year 6, Year7+8
Event 7: U17 Female	01/09/2002	31/08/2004	Year 11+12

About the competition

Competition Format: Chip timing will be used.

Seeding: No seeding.

- Final Positions:**
- All events are scoring.
 - Overall team positions are determined by total points scored over the **best 3 event results**.
 - The Positions of the borough's first 3 finishers in each event is used to create the team's event ranking.
 - This ranking is then converted to a score using the LYG points (i.e. 50 for 1st place) to create an event score for each borough. The borough's scores are then combined to determine their overall finishing position.
 - **New for 2020 - Incomplete teams (teams with less than 3 runners) will be eligible for event points. The scoring will be calculated;**
 - Teams with 2 runners: points will equal the finishing positions of the two runners + the final position
 - Teams with 1 runner: points will equal the finishing position of the one runner + the two final positions
 - In the event of a tie for overall Borough **medal** positions, the highest placed 4th scoring event shall determine the result.

- Medals:**
- Medals awarded for Individual runners and Team Event runners.
 - Trophy awarded to Borough Champions.

What kit and equipment do I need?

- Kit & Equipment:**
- Race numbers must be worn on chest at all times, pinned in four corners.
 - Chip affixed around the ankle.
 - Number, pins and chip for each runner will be distributed to the TM during registration.
 - Spikes are advisable but not essential (see rule 3)

- Team Manager Notes:**
- Briefing at 10.15 by the bandstand.



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Sport Specific Rules

- 1) The Competition Director reserves the right to suspend/ cancel the event where required by weather/ unsafe conditions.
- 2) The event will be run in accordance with UKA and ECCA Rules (<http://www.uka.org.uk/competitions/rules/>). The decision of the Referee will be final on the application of those rules.
- 3) **RACE RULES**
 - Runners must wear appropriate footwear to the course which is mainly grassland. Spikes or studs are advisable (length dependant on the ground conditions).
 - Event runner must wear the race number and chip allocated.
 - All runners must assemble in the Start Collection Area 10 minutes before the advertised time of their race. Runners should remain clothed until 5 minutes before their race.
 - Runners must follow the direction of the Race Marshals. Runners not completing the course will be disqualified.
- 4) **PROPOSED SCHEDULE**
 - 09.00-10.00 Arrival and Registration (Borough Team Organiser or Team Manager will register the team; individuals do not register)
 - 10.15 Team Manager briefing
 - Timings of events will be released after the draw has taken place.
 - Distances are as follows:
 - Event 1 - 2000m
 - Event 3 - 1500m
 - Event 5 - 2000m
 - Event 7 - 3000m
- 5) **LYG REMINDERS**
 - LYG will not distribute competitor T shirts.
 - Incorrect information provided during nominations can disqualify the team and cause their entire Borough team to receive penalty points. Please check competitor's details.
 - Schedule and race programme will be available online from the 'Publish Draw' date at www.londonyouthgames.org/athletics

