



LYG Cross Country 2023

Competition Day Information

Event Overview

Date: Saturday 18th November 2023.

Venue: Parliament Hill, Hampstead Heath, NW5 1QR.

Contact: steph@londonyouthgames.org | 07508 736247

Event Timings:

- Registration: 09:00 – 10:00*
- Team Manager Briefing: 10:15

EVENT / RACE	START TIME	RACE DISTANCE	BIB COLOUR
Race 1 (U15 Girls)	10:50	2K	BLUE
Race 2 (U15 Boys)	11:05	3K	GREEN
Race 3 (U11 Girls)	11:25	1.4K	PINK
Race 4 (U11 Boys)	11:40	1.4K	WHITE
Race 5 (U13 Girls)	11:55	2K	RED
Race 6 (U13 Boys)	12:15	2K	YELLOW
Race 7 (U17 Girls)	12:30	3K	ORANGE
Race 8 (U17 Boys)	13:00	4.5K	PURPLE

- Approximate Finish Time: 13:45
- Medals: Ongoing throughout the day.

**Participants are welcome to come in line with their race times however Team Managers must sign in all competitors that they are expecting within the registration time window. All athletes must be at the start line 10 minutes before their race starts.*

Reminders:

- **Full rules** can be found on the LYG Website here: [LYG23-4_Cross-Country_Info_Rules_.pdf \(londonyouthgames.org\)](https://londonyouthgames.org/lyg23-4_Cross-Country_Info_Rules_.pdf)
- **Race Pack** (includes course routes) - Please contact your Borough Team Organiser or Team Manager to access this.
- **Entry Info:**
 - **Squad Size:** 12 per age category and gender (96 total)
 - **Alternates:** Each Borough is permitted TWO substitutions, per gender (4 total). Additional/late entries will not be accepted, and substitutions must be in the same age and gender as the original entry. All substitution details must be provided at registration on the day of the event.
- **Kit & Equipment:**
 - Competitors should wear appropriate attire and footwear suitable for the terrain and conditions the competition will be run on/in. The terrain is largely grassland (please see guidance on ticks [here](#)), with areas of uneven ground and potentially slippery conditions,

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and therefore **spikes are advised**, but not compulsory. All competitors should be aware that other competitors may be wearing spikes.

- **Timing and Numbers** All competitors will be provided with a timing chip, and race number/bib that can be collected from their Team Manager.
 - Race numbers/bibs must be secured to the front of a competitors clothing, below the chest and above the waist area. This must be secured on all four corners – any competitors without fully secured numbers/bibs may be prevented from competing.
 - Timing chips must be securely fastened to a competitor’s ankle, ensuring the strap passes through the slot provided. Timing chips worn elsewhere on a competitor’s body may result in a void/incomplete result.

Results:

- All results will be published live during each event. please ensure you scan the QR code posted around the event to keep up to date.
- Post event - results will be available to download on the competition webpage within 24 hours of the competition ending. see the [games rules](#) rule 23.1 for further information on disputes.
- Queries on individual results can be raised in writing up to 24 hours after results have been published.
- In the event of a competition appeal, the use of external video footage and/or photographs **will not** be accepted in any circumstances.

Respect the Games:

- Anyone involved in the games must be made aware of the LYG Code of Conduct and agree to abide by the principles. A breach in the code may jeopardise involvement in the games.
- All teams will be asked to take part in the respect the games campaign by nominating a team showing LYG values.

Social Media:

- Follow us on social: [Twitter](#) | [Instagram](#) | [Facebook](#)
 - When posting make sure you use our hashtag #thisislyg and tag us in your posts.
 - If any competitors/teams do not consent to photos being taken, please inform registration.
 - Taking photos? register your camera (including phones and tablets) at registration.
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LYG Cross Country 2023-24

Venue Guide & Event Information

Venue Overview

Venue: Parliament Hill Fields

Address: off Highgate Road, London, NW5 1QR

What3Words

- Information Hut and Borough Village: feed.crops.mason
- Registration: pads.only.debit

Website: <https://www.cityoflondon.gov.uk/things-to-do/green-spaces/hampstead-heath>

About the Venue

Catering: Parliament Hill Café is close to where the event takes place. Opening times are 9.00am – 4.30pm.

Toilets: Are available near the Parliament Hill Staff Yard.

Changing Rooms: Not available - Please come dressed ready for the activity you are participating in.

Disabled facilities: Accessible toilets located at Parliament Hill Staff Yard. Disabled parking available at all car parks. Please contact LYG for further information.

Transport Information

Closest stations: Gospel Oak (approx. 5 min walk) or Kentish Town (approx. 15 min walk).

Buses: 33

Team Parking: All coaches, mini-buses and people carriers of six seats or more must register by Friday 10th November 2023 at 5pm if they wish to park on the Heath and will be issued with a permit to display in their vehicle (one vehicle per borough). Team Managers only can apply for the permit via completing by completing the following form

<https://londonyouthgames.org/wp-content/uploads/2023/10/LON-Youth-Games-Parking-route-instruction-and-application-form-2023.doc> and returning to Jay.ravel@cityoflondon.gov.uk

Further details around the team parking can be found on the via the form.



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Venue Guide & Event Information

Spectator Parking:

Pay & Display Car park – Jack Straw Castle (NW3 7ES)

0-2 hours: £5.75

2-4 hours: £11.50

Each additional hour: £10.00

Parking with a valid Blue Badge is free.

Please note, we are unable to reserve any spaces for this car park as it is a public car park, so parking will be on a first-come, first-served basis.

