



LYG CROSS COUNTRY 2025-26

Entry Information & Rules

Event Overview

Date: Saturday 8th November 2025

Venue: Parliament Hill, Hampstead Heath, NW5 1QR

Contact: lucy@londonyouthgames.org

Entry Information

Squad Entry Deadline: Wednesday 29th October 2025 at 10.00pm.

Squad Size: 12 per age category and gender (96 total).

Competitions: Boys & Girls (raced separately).

Event Categories

| Event | Oldest DOB | Youngest DOB | Likely School Year* |
|-------|------------|--------------|---------------------|
| U11 | 01/09/2014 | 31/08/2016 | Year 5 & 6 |
| U13 | 01/09/2012 | 31/08/2014 | Year 7 & 8 |
| U15 | 01/09/2010 | 31/08/2012 | Year 9 & 10 |
| U17 | 01/09/2008 | 31/08/2010 | Year 11 & 12 |

*Please note, this is a guide aided to help. For example, if someone has dropped down a school year, you must go by DOB and not school year.

Distances

| Event | Girls | Boys |
|-------|-------|-------|
| U11 | 1500m | 1500m |
| U13 | 2000m | 2000m |
| U15 | 2000m | 3000m |
| U17 | 3000m | 4500m |

Replacements: Each borough is permitted two replacements per gender and age group. Replacements are where you can bring an undeclared competitor to replace a registered competitor not attending on the day. All replacement details must be provided at registration on the day. No additional participants will be allowed after the entry deadline, even if a borough does not have the maximum squad number, only replacements will be accepted.



LYG Cross Country 2025-26

Entry Information & Rules

Full Rules & Regulations

XCO 1 The London Youth Games Athletics competition will run under [UKA rules](#).

XCO 1.1 Should any rules listed below contradict those outlined by the UKA, these rules will supersede those.

XCO 1.2 It will be at the discretion of the event referee and LYG personnel in conversation with the Competition Director as to the application of these rules. Any subsequent decision made by LYG personnel or the Event Referee as a result will be final.

XCO 1.3 The Tournament Organisers reserve the rights to alter or amend the schedule if necessary and make decisions on any matters arising during the tournament, including any matters not covered by the tournament regulations.

XCO 2 Age Category The following age groups and respective maximum and minimum date of births will apply to the London Youth Games Cross Country Competition:

| Event | Oldest DOB | Youngest DOB |
|-------|------------|--------------|
| U11 | 01/09/2014 | 31/08/2016 |
| U13 | 01/09/2012 | 31/08/2014 |
| U15 | 01/09/2010 | 31/08/2012 |
| U17 | 01/09/2008 | 31/08/2010 |

XCO 2.1 Competitors are not permitted to race in an age category for which they are ineligible. No exceptions will be made.

XCO 2.2 It is the responsibility of competitors/parents/team managers/local authority staff to ensure all competitors details are entered correctly at the time of submission, and that they are eligible to compete for their borough under the [LYG Games Rules](#), and in accordance with the age groups outlined for each race.

XCO 2.2.1 Once the published time of registration closing has passed, any competitors who race in the incorrect age category may be subject to XC 2.2.2

XCO 2.2.2 In the instance a competitor is found to be ineligible, they will be disqualified from the competition entirely, and the borough will receive a points penalty as per the Games Rules.

XCO 3 Squad Size Boroughs are permitted to enter a maximum of 12 competitors per age category and gender
e.g. 12 competitors in U15 Boys etc.

XCO 3.1 Boroughs are permitted to bring all 12 competitors entered in each age category and gender to the event on the day.

XCO 4 Distances The following distances will apply for each respective age category and gender:

| Event | Girls | Boys |
|-------|-------|-------|
| U11 | 1500m | 1500m |
| U13 | 2000m | 2000m |
| U15 | 2000m | 3000m |
| U17 | 3000m | 4500m |



LYG Cross Country 2025-26

Entry Information & Rules

XCO 5 Clothing and Footwear Participants are required to wear appropriate footwear - spikes or sports moulded / studded footwear suitable for wet and muddy conditions. Participants will not be permitted to wear trainers. Participants must ensure that they come dressed appropriately for the weather.

XCO 6 Timing and Numbers All competitors will be provided with a race number/bib containing their timing chip.

XCO 6.1 Race numbers/bibs must be secured to the front of a competitor's 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.

XCO 6.1.1 In the instance a competitor completes the race, but a time is not registered due to an incorrectly worn race number/bib, it will be at the discretion of LYG and its timing supplier whether a result can be recorded. No external evidence will be considered.

XCO 6.2 Where a competitor competes with the incorrect race number/bib they may be subject to disqualification under the Games Rules.

XCO 6 Start Line and Routes The route for each age category and gender will be provided in advance of the day via the Race Pack. It is the responsibility of competitors/parents/team managers/local authority staff to familiarise themselves with this route.

XCO 6.1 Runners must assemble in the starting area 10 minutes prior to the advertised time of their race. There will not be any seeding, and competitors must listen to the start line marshals in terms of their positioning in this area/start line.

XCO 6.1.1 Competitors should remain in warm clothing until a minimum of 5 minutes prior to their race.

XCO 6.1.2 Runners must follow the directions of course marshals and course signage. Any runners who are deemed by the event referee to not have completed the course will be disqualified.

XCO 7 Scoring Overall borough results will be split by gender. All races will contribute to a borough's overall score for the event for each gender.

XCO 7.1 All 12 runners in each race will create a combined score for that race for a borough, the lowest score will be ranked first and the largest scores ranked last.

XCO 7.1.1 In the instance a borough does not have 12 competitors in a certain race, the positions of the competitor(s) will be added to the equivalent of the position that comes after the final competitor in that race. Examples below;

- A race has 120 competitors take part on the day; a borough has ten runners.
- These runners place 3rd, 6th, 17th, 20th, 33rd, 46th, 51st, 60th, 77th, 80th respectively.
- The borough score would be calculated as follows:
 $3+6+17+20+33+46+51+60+77+80+121+121 = 635$.
- If this borough only had five competitors who placed 3rd, 6th, 17th, 20th, 33rd, it would be calculated as follows: $3+6+17+20+33+121+121+121+121+121+121 = 926$.

XCO 7.1.2 In the instance of two or more boroughs accumulating a score that is equal, the borough with the highest placed finish will be awarded the higher ranking.



LYG Cross Country 2025-26

Entry Information & Rules

XCO 7.2 The lowest number of scores accumulated across the 4 races will be deemed the winners for that gender.

XCO 8 Medals & Trophies Medals and trophies will be awarded as follows:

XCO 8.1 Individuals who place 1st, 2nd and 3rd in their respective race will be awarded medals.

XCO 8.2 A trophy and team medals will be awarded to the overall 1st, 2nd and 3rd placed boroughs. No team medals will be given out for overall age category winners.