

## HUMBER ATHLETICS ASSOCIATION

### 48<sup>th</sup>. ANNUAL HUMBER CROSS COUNTRY COUNTY CHAMPIONSHIPS

UKA & E.C.C.A. Rules. Licence No. CC2022/0560

**SATURDAY 7th JANUARY 2023 at WEELSBY WOODS, GRIMSBY, DN32 8PW**

**First Race; SW / Vet W. at 10.45**

#### Awards in all races:

Championships' medals for the first 3 runners, and first 3 teams from Affiliated Clubs

Teams consist of 3 runners, except in the Senior Men, where the figure is 6.

The U11's will receive medals on a similar format to the above, but these are non-Championships' races and as such are Opens and no county qualification is needed.

#### Age groups are as at 31st August 2022:

NB. Juniors (Men and Women), whose birthday is on or before 31st December 2022 MUST compete in the Senior Championships if they are to be considered for selection for the UK CAU Inter County Championships as these are run under IAAF Rules.

**Qualification to enter the County Championships:** is either by Birth or 9 months Residence (in the unitary authorities which formed Humberside) immediately before the Championships.

**Humber teams for the UK CAU Inter County Championships** at Prestwold Hall, Prestwold, Loughborough LE12 5SH on Saturday 11<sup>th</sup> March, 2023 will be selected later from the U13 age groups upwards. Athletes who do not compete in the Championships must have an extremely good reason for not doing so, if they are to be considered for Humber Teams.

Only the first 6 in each race will have automatic selection for the Inter County Championships.

Age Group	Age Qualification	Number In Team	Approximate Distance	Time	Entry Fee
U11G	School Years 4,5 & 6 Must be 9 on day of race	3	2000m	11:00	£6
U11B	School Years 4,5 & 6 Must be 9 on day of race	3	2000m	11:00	£6
U13G	Ages: Under 13s should be age 11 on the day of competition or 12 on 31 <sup>st</sup> August 2022 School Years 7 & 8	3	3400m	11:15	£7
U13B		3	3400m	11:30	£7
U15G	School Years 9 & 10 13 or 14 yrs	3	4200m	12:00	£7
U15B	School Years 9 & 10 13 or 14 yrs	3	4600m	12:35	£7
U17W	School Years 11 & 12 15 or 16 yrs	3	4600m	12:35	£7
U17M	School Years 11 & 12 15 or 16 yrs	3	6400m	14:15	£7
JW**	17, 18 & 19 yrs	3	6400m	14:15	£8
JM**	17, 18 & 19 yrs	3	7800m	12:00	£8
SW	20 yrs & above	3	9600m	10.45	£8
SM	20 yrs & above	6	11800m	13:15	£8
<b>Recording of finishers in SW &amp; SM races will cease 80 minutes after the start</b>					
**	<b>NB JW &amp; JM who have their 20<sup>th</sup> birthday on or before 31<sup>st</sup> December 2023 MUST compete in the Senior Championships if they are to be considered for selection for the UK CAU Inter County Championships as they are run under IAAF Rules</b>				

**Entry Fee: U11 - £6.00 U13, U15 U17 - £7 JM, JW, SENIOR/VETERANS £8.00**

**Entries' Closing Date is 27<sup>th</sup> December 2022 at 23.59pm.**

**Entry is on-line only via the Roster link below**

<https://meets.rosterathletics.com/public/competitions/details/about?id=12440>

Enquiries to Allison English [ally@fitmums.org.uk](mailto:ally@fitmums.org.uk)

*All entrants shall be deemed to have made him/herself/themselves familiar with, and agreed to be bound by the UKA Anti-Doping Rules and to submit to the authority of UK Anti-Doping in the application and enforcement of the Anti-Doping Rules. The UK Anti-doping rules apply to entrants participating in the sport of athletics for 12 months from the date of entry, whether or not the licence holder is a citizen or a resident, in the UK.*

Please take note that for the U11 event athletes MUST BE 9 on the day of the competition. The U13 event is for athletes 11 on or before 31st August 2022, not if 11 on the day as stated earlier.

If in doubt ask your coach BEFORE Entering.

To clarify in the Senior Men and Women events ANY athlete who has not finished WITHIN 80 minutes will not get a recorded time because the recorders will have moved to their next duty.