

HUMBER ATHLETICS ASSOCIATION
49th. ANNUAL HUMBER CROSS COUNTRY COUNTY CHAMPIONSHIPS
and Inter Counties Selection Trials
UKA & E.C.C.A. Rules. Licence No. CC 2023/0977

SUNDAY 7th JANUARY 2024 at Quibell Park, Scunthorpe. DN17 1SR.
First Race; SW / Vet W. at 10.45

Awards in all races for Affiliated Athletes

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

Teams consist of 4 runners in all teams.

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 2023:

NB. Juniors (Men and Women), whose birthday is on or before 31st December 2023 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 Venue TBC on Saturday 9th March, 2024 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 7 County Eligible Athletes in each race will have automatic selection for the Inter County Championships.

The Committee have agreed to trial allowing NON AFFILIATED SCHOOL PUPILS to take part in the cross country races in order to see if they are destined to become good at it before signing up with a club.

All school pupils WHO ARE MEMBERS OF A CLUB MUST ENTER VIA THE COUNTY CHAMPIONSHIPS link on page 2.

To facilitate this we are creating a separate entry platform for ALL SCHOOL PUPILS NOT REGISTERED WITH A CLUB, the only difference with this platform is it will allow identification by bib numbers for Non County Athletes.

In the first instance you will need to follow this link and create a Profile on the Roster platform which is required to enter:

<https://meets.rosterathletics.com/public/signup>

If clicking on the link doesn't open the sign up page copy and paste the address in to a new browser.

Once you have created your profile please enter using the following link to the Schools Cross Country, this is a 2 stage process submit your entry then it must be paid for using the details that you will get emailed.

<https://meets.rosterathletics.com/public/competitions/details/about?id=24426>

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	4	2,100m	11:00	£5	T2/R2
U11B	School Years 4,5 & 6 Must be 9 on day of race	4	2,100m	11:00	£5	T2/R2
U13G	School Years 7 & 8 11 or 12 yrs	4	2,600m	11:15	£5	T3/R3
U13B	School Years 7 & 8 11 or 12 yrs	4	2,600m	11:15	£5	T3/R3
U15G	School Years 9 & 10 13 or 14 yrs	4	4,000m	11:50	£5	T2/R2
U15B	School Years 9 & 10 13 or 14 yrs	4	4,000m	11:50	£5	T2/R2
U17W	School Years 11 & 12 15 or 16 yrs	4	5,800m	12:15	£5	T1/R1
U17M	School Years 11 & 12 15 or 16 yrs	4	5,800m	12:15	£5	T1/R1
JW**	17, 18 & 19 yrs	4	5,800m	12:15	£5	T1/R1
JM**	17, 18 & 19 yrs	4	8,100m	10:45	£5	T1/R1
SW	20 yrs & above	4	8100m	10:45	£5	T1/R1
SM	20 yrs & above	4	10000m	13:20	£5	T2/R2 & T3/R3
Recording of finishers in SW & SM races will cease 80 minutes after the start						
**	NB JW & JM who have their 20th birthday on or before 31st 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					

Entry Fee: U11 - £5.00 U13, U15 U17 - £5.00 JM, JW, SENIOR/VETERANS £5.00
Entries' Closing Date is 27th December 2023 at 23.59pm.
Entry is on- line only via the Roster link below

<https://meets.rosterathletics.com/public/competitions/details/about?id=24427>

Enquiries to John Brant john195@john195.karoo.co.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.

ALL ENTRIES INCLUDE A NON REFUNDABLE ADMINISTRATION CHARGE OF £3
Presentations will take place approx 30 mins after a race has finished

Please take note that for the U11 event athletes MUST BE 9 on the day of the competition
The U13 Events are for SCHOOL YRS 7 & 8 ONLY Strictly No YEAR 6

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. They will also no longer count as part of ANY Team or be Eligible for ANY MEDALS.