

Kent Fitness Junior Cross Country League

Rules for 2016/17 season

1. The league will be open to all junior athletes who are members of a club affiliated to the Kent Fitness League or if their parents/Guardian is a participating athlete for one of the 18 affiliated clubs to the Kent Fitness League and that club is happy for the athlete's children to run under their club name.
2. **The league will consist of 3 age groups under 11's, under 14's and under 17's**
3. The age of a child on the 31st August will determine the age group a child runs in.
Aged 10 or under ON 31st August 2016 will participate in the Under 11 league
Aged 11, 12 or 13 ON 31st August 2016 will participate in the Under 14 league
Aged 14, 15, or 16 ON 31st August 2016 will participate in the Under 17 league
4. The registration fee will be £5 per athlete reducing to £3 after the 3rd race in the series has been held.
5. The Junior League will consist of either 6 races.
6. League positions will be decided by the total points score of an athlete's **best 5** performances.
7. Points will be awarded with 1 point for first, 2 points for second, 3 points for third and so on in an ascending scale for each age group.
8. In the event of a tie the winner will be decided by the runner that has the most number of highest finishes
9. If scores are still level the winner will be decided by the athlete that has scored the best in the head to head races between them.
10. Each athlete will be allocated a race number, which will be their number for the entire season. They **must wear the number on the front of their vests in all races.**
11. It will be the responsibility of each athlete to look after their race number and ensure that they bring it to each race, as duplicate numbers will not be issued. If an athlete should lose their number it will be down to them to make themselves a new number.
12. **To ensure accurate results race numbers should not be swapped between athletes.**

Dates for Junior races are as follows

30/10/17 Knowle Park Sevenoaks

13/11/17 Swanley Park

08/01/17 Minnis Bay Birchington

15/01/17 Fowlmead Country Park Deal

29/01/17 Nurstead Court Meopham

05/02/17 Rough Common Canterbury

Kent Fitness Junior Cross Country League

Registration Form 2016/17

This form is to be completed by or on behalf of all athletes participating in the junior races during the current cross country season. It is to be signed by a parent, guardian or club coach. There will be a one off registration fee of £5 per athlete registering for the league. The fee will be reduced to £3 for an athlete registering after the 3rd junior race in the series has been held.

Competitor Details (Please Print Clearly)

Full Name

Date of Birth

Age (on 31st August 2016)

Male or Female

Athletics Club

Declaration of Parent, Guardian or Club Coach

I declare that the above person is medically fit to compete in the Kent Fitness Cross Country League for the season 2016/17. He / she are aware that they compete at their own risk and do not hold the league or the host clubs responsible for any illness or injury resulting from their participation.

Full Name

Relationship to Athlete

Contact Tel Number

Email address

Signed

Please return completed forms to John Cooper (Canterbury Harriers) on race day, or confirm participation by E Mail in advance to johncooper2006@talktalk.net. Race numbers will be available to collect on day of first race upon receipt of the required payment.