

**Kent Fitness Junior Cross Country League  
Rules for 2018/19 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 athletes 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. A child's age on the 31<sup>st</sup> August will determine the age group a child runs in.  
**ie Aged 10 or under ON 31<sup>st</sup> August 2018 participates in Under 11's  
Aged 11, 12 or 13 ON 31<sup>st</sup> August 2018 will participate in the Under 14 league  
Aged 14, 15, or 16 ON 31<sup>st</sup> August 2018 will participate in the Under 17 league.**
3. The Junior League will consist of 5 races and **there will be a £5 registration Fee per athlete** irrespective of how many races they take part in.
4. Awards will be awarded to 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> place in each age group for both boys and girls.
5. Any athlete that runs 4 out of 5 races will receive a memento and all athletes that participate in the league will receive a certificate
6. 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.
7. League positions will be decided by the total point's score of an athlete's **best 4** performances with the lowest points score winning their respective leagues.
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 MUST NOT be swapped between athletes.**

**Dates for Junior races are as follows**

4<sup>th</sup> November 2018 Knole Park Sevenoaks  
11<sup>th</sup> November 2018 Swanley Park  
9<sup>th</sup> December 2018 Fowlmead (Bettshanger Country Park) Deal  
13<sup>th</sup> January 2019 Minnis Bay Birchington  
3<sup>rd</sup> February 2019 Rough Common Canterbury

**There will be NO Junior races at Oxleas Wood or Nursted Court**

12. We are intending to make the Junior presentations after the last race at Rough Common.

**Race Information and Results will this year be sent to the participating clubs for forwarding onto their respective athletes.**

**Kent Fitness Junior Cross Country League  
Registration Form 2018/19**

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. **Competitor Details (Please Print Clearly )**

**Full Name**

**Date of Birth**

**Age (on 31<sup>st</sup> August 2017)**

**Male or Female**

**Athletics Club**

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**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 2017/18. 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**

**Contact Tel Number**

**Signed**

Please return completed forms to Rosie Cooper on race day, or confirm participation by E Mail in advance to [cooperrosie80@gmail.com](mailto:cooperrosie80@gmail.com) . Race numbers will be available to collect on day of first race upon receipt of the required payment.