SOUTHERN INTER COUNTY
CROSS COUNTRY CHAMPIONSHIPS 2016
Saturday 10th December 2016, Horspath, Oxford

Age Groups:
- Under 13 Girls: At least 11 on 10th December 2016 but under 13 on 31st August 2016
- Under 15 Girls: 13 and over but under 15 on 31st August 2016
- Under 17 Women: 15 and over but under 17 on 31st August 2016
- Under 20 Women: 17 and over but under 20 on 31st August 2016
- Senior Women: 20 and over on 1st September 2016
- Under 13 Boys: At least 11 on 10th December 2016 but under 13 on 31st August 2016
- Under 15 Boys: 13 and over but under 15 on 31st August 2016
- Under 17 Men: 15 and over but under 17 on 31st August 2016

Counties may enter and run more than one team in each age group, but this must be stated on the entry form. All competitors will score and be recorded in the results.

Medals:
Medals will be awarded for 1st/2nd/3rd individuals and 1st/2nd/3rd “A” teams in all races plus the first U23 in the Senior Women’s race. Only one team award per County in each race.

Entries:
Enteries to compete in any of the 8 Inter County races with entry fee must be sent to: SEAA Competition Ltd, Crystal Palace National Sports Centre, Ledrington Road, London SE19 2BB.

For each team, 16 may be entered from which 8 to run and 4 to score, numbers will be issued to the declared runners on the day. All athletes MUST be eligible to represent their County by birth or residence. Dates of births must be declared. All Athletes must be registered with England Athletics.

Team declarations must be submitted at least 30 minutes before the start of the race. Competitors cannot be declared for more than one team. Please indicate U23 Women competing in the Senior Women’s race.

Entry Fee: £22.00 per team.

Time and Order of Races:
- 11:04am: Under 13 Girls approx 3,000m
- 11:20am: Under 13 Boys approx 3,000m
- 11:40am: Under 15 Girls approx 4,000m
- 12:25pm: Under 15 Boys approx 4,000m
- 12:50pm: Under 17 Men approx 5,000m
- 13:15pm: Under 17 Women approx 5,000m
- 13:15pm: Under 20 Women approx 6,000m
- 13:40pm: Under 23 Women (Ind) approx 6,000m
- 13:40pm: Senior Women approx 6,000m

***** CLOSING DATE Friday 25th November 2016 *****
INTER COUNTY CROSS COUNTRY CHAMPIONSHIPS – ENTRY FORM
Saturday 10th December 2016

COUNTY ..............................................................................................................................................................

COLOURS ..............................................................  AGE GROUP ......................................................

I hereby declare that all entrants are eligible to compete according to the laws of the governing body for
UK Athletics, they are all duly eligible to compete for this County and that the following particulars are
complete and correct.

IF NOT ENTERING ONLINE PLEASE COMPLETE THE FORM BELOW.
MAKE COPIES OF FORM FOR ADDITIONAL TEAMS IF NECESSARY
***SEPARATE FORM FOR EACH AGE GROUP TO BE COMPLETED PLEASE***
PPLEASE ENTER ALL ATHLETES IN ALPHABETICAL ORDER AND MARK ATHLETES WITH AN * IF AN
U23 WOMEN COMPETING IN A SENIOR WOMEN’S RACE
PLEASE STATE THE NUMBER OF TEAMS PER AGE GROUP.

NAMES OF COMPETITORS (PLEASE COMPLETE IN BLOCK LETTERS )

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NAME .................................................................................................. SIGNED ...........................................

POSITION IN COUNTY ...........................................................................................................................

ADDRESS ..................................................................................................................................................

POSTCODE .............  EMAIL ............................................................

TEL (Home) ...................................................... (Mobile) ...........................................................

Furnishing false or misleading information may render the Athlete and/or County liable to disqualification

Please return to: SEAA Competition Limited, Crystal Palace National Sports Centre,
Ledrington Road, London SE19 2BB

Cheques made payable to SEAA Competition Ltd (£22.00 per Team)

SEAA Competition Limited shall not be liable to the participant for any loss, damage or injury however caused
arising out of or in the course of, or in connection with the holding of the event. The Association reserves the
right to refuse or limit entries, vary the programme of events and cancel the Championships under extreme
circumstances.
Cross Country Inter County Championships

Please return this slip along with your entry forms to:
SEAA Competition Ltd, Crystal Palace National Sports Centre, London SE19 2BB

U13 Girls No. of Teams_____________  U13 Boys No. of Teams_____________
U15 Girls No. of Teams_____________  U15 Boys No. of Teams_____________
U17 Women No. of Teams_____________ U17 Men No. of Teams_____________
U20 Women No. of Teams_____________  Senior Women No. of Teams_________

Cheques made payable to SEAA Competition Ltd (£22.00 per Team)

TOTAL AMOUNT ENCLOSED ......................