



DORSET COUNTY ATHLETIC ASSOCIATION **CROSS COUNTRY CHAMPIONSHIPS**

VENUE: Bryanston School, Blandford, Dorset DT11 0PX

DATE: Sunday 11th December 2016

<u>Planned Event time</u>	<u>Age Groups</u>	<u>Approx Distances</u>
12.10	U13 Girls	3.1k
12.25	U13 Boys	3.1k
12.40	U17 Women	4.5k
12.40	U17 Men	4.5k
12.40	U20 Women	4.5k
12.40	Senior and Veteran Women	6.7k
13.15	U15 Girls	3.8k
13.15	U15 Boys	3.8k
13.35	U20 Men	9.0k
13.35	Senior and Veteran Men	9.0k

The course is on parkland and is suitable for spikes, but crosses short areas of hard surface.

ENTRY FEE: £3 PER COMPETITOR (CHEQUES PAYABLE TO DCAA)

COLLECT RACE NUMBER AT REGISTRATION

CLOSING DATE: THURSDAY 1ST DECEMBER 2016

NO ENTRIES ON THE DAY OR BY EMAIL

ENTRY FORMS BY POST WITH ENTRY FEES TO:

Dorset County XC entries, c/o Lindsay Hole 10 Meadowsweet Road, Poole, Dorset

BH17 7XT for more information e-mail – woodlands20@hotmail.com

Runners should note that the County XC is being run alongside Match 4 of the Wessex XC League. If runners fail to enter the championships they will not be considered for a medal even if they finish within the top 3 in their respective races.

Year 6 students who have reached their 11th birthday may opt to enter the U13 Dorset Championships or run the non-Championships U11 League race, but not both.

DCAA CHAMPIONSHIP ENTRY CRITERIA

- 1. To compete in the DCAA Championships competitors must:
 - A. have been born in the County
 - OR B. have lived continuously in Dorset for at least 9 months preceding the event
 - OR C. have been serving in a unit of H.M. forces stationed in Dorset for at least nine months preceding the event.
 - OR D. be a student in residence at a School, College or University in Dorset. If qualifying under this section, please also state home address on entry form. (If this is outside Dorset, you may compete in the Championships, but will not be eligible to compete for the County).

They must not have competed in the championships of, or represented at Inter-County Championships, a county other than Dorset since 1st October 2016.

If you are unsure of your eligibility please contact the Championship Secretary.

- 2. A competitor may only compete in one age group and in combined events will only be eligible for an award in the age group in which he or she is entered. The Senior and Veteran Women’s races are combined for the Senior Women’s Team. The Veteran and Senior Men’s races are combined for the Senior Men’s Team.
- 3. **Guest Competitors:** entry at the discretion of the Championship Secretary
- 4. **Club/School Colours** must be worn.

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ENTRY FORM

ENTRY FEE: £3 PER COMPETITOR (CHEQUES PAYABLE TO DCAA)

.... **MALE**

.... **FEMALE (please tick)**

AGE GROUPS: (PLEASE TICK APPROPRIATE AGE GROUP)

- U13 Boys and Girls: **Aged at least 11 on day of race** and aged 12 on 31 Aug 16 (Sch yrs 6, 7 & 8)
- U15 Boys and Girls: Aged 13 or 14 on 31 Aug 16 (Sch yrs, 9 & 10)
- U17 Men and Women: Aged 15 or 16 on 31 Aug 16 (Sch yrs, 11 & 12)
- U20 Men and Women: Aged under 20 on 31 Aug 16
- Senior Men and Women: Aged 20 or over on 31st Aug 2016
- Veteran Men and Women: Aged 35 or over on day of race

Full Name

Home Address (Block letters).....
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Tel no:..... email:.....

Date of Birth..... Place of Birth.....

OR I have lived in Dorset since:.....

Club/School/service unit:.....

UKA registration number (if a club member).....

Signed..... Date.....

Do you want to be considered for Dorset Teams for the Inter County Championships in March 2017 – Yes / No (u20’s born in 1997 run as Seniors at Inter counties due to IAAF rules.)