

Competitor Notes: Northern Athletics Cross Country relays; Graves Park 18th October 2013.

These notes have been compiled to enable athletes, parents and team managers understand event organisation and roles to ensure that all goes well on the day.

Entries & Declarations

All entries are on line via the Sportsoft web site portal. **Closing Date 10th October**

Declarations can be made on line / via email links or by submitting the manual declaration form on the day.

Numbers and forms can be collected from registration, which is based in the pavilion near the start / finish/ handover area.

Races.

The timetable is the same as 2013, with the U17 races taking place first. The main reason for this is to enable U11 athletes to watch the handovers of the U17 events so they can understand how it works. Many U11s have not done relays before, and may not have competed at all before, so the aim is to let them see what should happen.

Time	Event	Stages	Distance
11.00am	Under 17 Women	3	2300m
11.05	Under 17 Men	3	2300m
11.35	Under 11 Girls	3	1500m
11.40	Under11 Boys	3	1500m
12.00pm	Under 13 Girls	3	1800m
12.05	Under 13 Boys	3	1800m
12.40	Under 15 Girls	3	2000m
12.45	Under 15 Boys	3	2000m
13.15	Masters/Senior Women	3	2 miles
14.15	Masters Men	3	2 miles
14.15	Senior Men 'The Cutlers Relay'	4	2 miles

This year the event is again using traditional time keeping and recording.

All runners are asked to clearly display numbers on the front of their club vests.

Changeover

We experienced difficulties with changeover in years prior to 2012, and hope that the revised timetable, and explaining the handover process and responsibilities, will mean that we can ensure that all changeovers are fair and effective. (2-13 was much better with hardly any problems)

An announcer will relay the number of incoming runners as they approach the finish area, and there will be a loudspeaker in the holding pens. Male and female runners will be held in separate pens.

Outgoing runners are responsible as follows:-

All outgoing runners should report to the holding pen entrance when the PA announcer declares that they are required to do so, OR when their previous leg runner starts.

Once in the holding pen, the outgoing runner is responsible to listen out for their team number to be announced as the incoming runner approaches, and also to watch out for their incoming runner. Once they hear the number announced or see the runner approaching, they should immediately make their way to the holding pen exit, where the stewards will release the outgoing runner to the start line.

Another steward will then release the outgoing runner, when the incoming runner crosses the finish line.

Parents and coaches can help by ensuring that athletes listen for their team number to be announced & watch out for their incoming runner. Please do not start shouting at or diverting the changeover officials since this can confuse / divert the officials and disrupt the effectiveness of the changeover.

I hope you all enjoy the event, and good luck to all athletes and teams.

Steve Gaines

Northern Athletics