Yorkshire
County Athletics Association
Cross Country Championships 2016

The team of Yorkshire officials, who have been setting the course have reported that the course is in good condition and is well drained. A course map is attached, but the course is subject to change at any time, before and during the day of the championships and distances are approximate.

We are so lucky to have access to such a beautiful and well maintained location, please leave it as you found it. Ensure all belongings are cleared and all rubbish is deposited in the bins.

There is no access to any rides and you should ensure that no one tries to gain access or climb on any equipment or rides, anyone doing so will be asked to leave the site.

NO DOGS ARE ALLOWED ON THE SITE.

Registration will take place in 'The Conservatory'.

REFRESHMENTS
Hot and cold refreshments are on sale in The Conservatory and Shopping Village.

TOILETS
There are toilets available in the car park, the shopping village, near registration and at the start pf the race.

Yorkshire Championship commemorative hoodies and T-Shirts will available for sale from 'Sporting Print'. They only accept cash and cheques I'm afraid but there is a cash point available for use at the main shopping village at the entrance to Lightwater Valley.

Programmes will be on sale at a cost of £2, please have the correct change.

Results will be posted online www.noeaa-athletics.org.uk as soon as possible, but paper copies will be available on the day at a cost of 10p per A4 sheet – **please have the correct change.**

Collating results for such a large event is a huge task, please be patient. Presentations will take place as soon as results have been received at Registration, so please ensure you available.

Anyone wishing to take photographs or videos must sign in at registration.

There are plenty of toilets in and around Lightwater Valley, there are no changing/shower facilities. There is plenty of space for club tents; access will be via footpaths from the main entrance to Lightwater Valley..

The changing areas will not be policed – do not leave anything to be stolen.

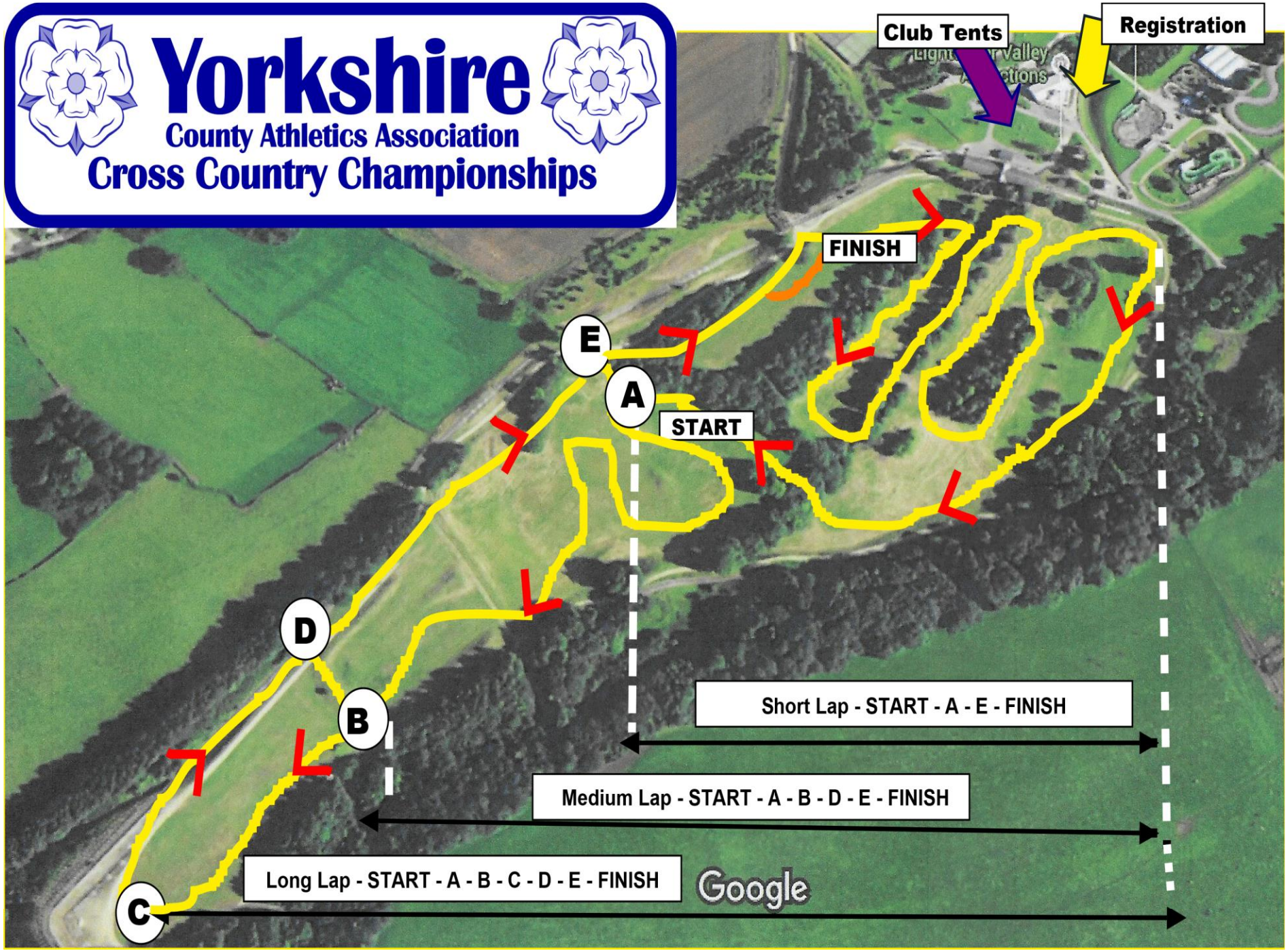
THE ORGANISERS WILL NOT BE RESPONSIBLE FOR ANY DAMAGE TO OR LOSS OF ANY PROPERTY NO MATTER HOW CAUSED. IT IS SUGGESTED THAT EACH CLUB APPOINTS ITS OWN SECURITY OFFICIAL.

There is ample parking in the car park so please ensure there is no parking on the road side. Please follow the directions and maintain a low speed.

START TIMES

Please note that we are on a very tight schedule. We plan to start the races as near to start time as possible so please ensure you are there and ready. Team Managers should ensure that their athletes are ready to start on time and that they know what Pen numbers they should be in.

RACES WILL BE HELD AS FOLLOWS

Age Group	Approximate Distances	Time
u13 Girls	2, 600m	11.10 a.m.
u13 Boys	2,600m	11.30 a.m.
u15 Girls	3,800m	11.50 a.m.
u15 Boys	4,350m	12.10 p.m.
u17 Women	4,350m	12.30 p.m.
u17 Men	5,850m	1.00 p.m.
U20 Women	5,850m	1.25 p.m.
Senior Women	7,800m	1.25 p.m.
U20 Men	7,800m	2.15 p.m.
Senior Men	10,400m	2.15 p.m.

Yorkshire
County Athletics Association
Cross Country Championships