

## Competitor Notes: Northern Athletics Cross Country relays; Graves Park 23<sup>rd</sup> October 2021.

Please note that the parking site at Meadowhead School will open at 9am and be closed at 5pm. Please ensure that cars are moved before that time

### Changes for 2021

Fastest Time. Medals will be presented for all the races.

Sheffield City Council have advised that the Pavilion cannot be used due to Covid restrictions. Presentations will take place under the Pavilion canopy.

These notes have been compiled to enable athletes, parents and team managers to 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. [www.race-results.co.uk](http://www.race-results.co.uk).

#### **Closing Date was the 16<sup>th</sup> October**

Declarations can be made on line / via email links.

Numbers and forms can be collected from registration, which will be based in a marquee near the start / finish/ handover area. There will be one envelope for each club, containing all the age group numbers for that club.

### Races.

The timetable once again has 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 prior to their event.

Time	Event	Stages	Distance
11.00am	Under 17 Women	3	2300m
11.05	Under 17 Men	3	2300m
11.45	Under 11 Girls	3	1500m
11.50	Under 11 Boys	3	1500m
12.15pm	Under 13 Girls	3	1800m
12.20	Under 13 Boys	3	1800m
12.40	Under 15 Girls	3	2000m
12.45	Under 15 Boys	3	2000m
13.15	Junior/Senior Women	3	2 miles
14.10	Junior/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

The difficulties with changeover, experienced prior to 2012, have been reduced and improved; with a revised timetable, changeover layout and these notes explaining the handover process and responsibilities being introduced. For 2019 we are retaining the staggered release & finish line arrangement to improve visibility for the changeover officials.

An announcer will relay the team 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