

# South Park, Darlington



**NYSD Cross Country League  
Road Relays  
South Park, Darlington DL1 5TD  
Sunday 10th March 2019**

**RULES**

1. Club vests **MUST** be worn (**NO vest NO team**)
2. Athletes may only compete for 1 team
3. Athletes may only do 1 leg
4. Any athlete receiving outside assistance (i.e. Pacing) will be disqualified
5. Race numbers & Team Declaration sheets will be available on race day
6. Completed Declaration sheets to be handed in 15 mins before race starts
7. Race numbers must be worn on the front of running vest pinned in all 4 corners
8. Seniors to keep to right of the path approaching the end of their 1<sup>st</sup> lap, end of 2<sup>nd</sup> lap keep left into finish funnel for change over.

**Juniors**

Under 11 Boys & Girls 1lap

Under13 & 15 Boys & Girls 3/Team each athlete doing 1 lap

**Seniors**

Women 3/Team each athlete doing 2 laps

Men 4/Team each athlete doing 2 laps

Senior Teams can comprise of U17, U20, senior or vets, they will all be classed as seniors.

**TIMETABLE**

Race 1 11:00am Under11 Boys & Girls (**NOT A RELAY RACE**)

Race 2 11:10am Under13 Boys & Girls

Race 3 11:35am Under15 Boys & Girls

**Junior Presentations (U11, U13, U15,)**

Race 4 12:30pm Under17,Under20 Senior & Vet Women

Race 5 13:30pm Under17,Under20 Senior & Vet Men

**U17, U20 & Senior Presentations**