

NYSD CROSS COUNTRY RELAYS

THE FLATTS, THIRSK, YO7 1LU

SUNDAY 22nd SEPTEMBER 2019

LAP = Approximately 1 mile

RULES

Club vest **MUST** be worn (No vest – No team)

Race numbers must be worn on the front of running vest

Athletes may only compete for one team

Athletes may only do one leg

Race numbers and Team declaration sheets will be available on the race day.

Completed declaration sheets must be handed in 15 mins before the race starts



TIME TABLE

RACE 1	11:00am	UNDER 11 BOYS & GIRLS (NOT a relay race)	1 LAP
RACE 2	11:10am	UNDER 13 BOYS & GIRLS 3/TEAM	1 LAP/LEG
RACE 3	11:35am	UNDER 15 BOYS & GIRLS 3/TEAM	1 LAP/LEG
RACE 4	12:00pm	SENIOR WOMEN (Including U17, U20 & Vets) 3/TEAM 2 LAPS/LEG	
RACE 5	1:00pm	SENIOR MEN (Including U17, U20 & Vets) 4/TEAM 2 LAPS/LEG	