

**HEREFORDSHIRE A.A.
CROSS COUNTRY CHAMPIONSHIPS
WILL BE HELD AT
HEREFORD RACECOURSE
ON
SUNDAY 24 March 2019**

| | | Approx distance | Time |
|----------------|--------|-----------------|----------|
| Under 9 Girls | Year 4 | 1,000 metres | 11.00 am |
| Under 9 Boys | Year 4 | 1,000 metres | 11.05 am |
| Under 10 Girls | Year 5 | 1,000 metres | 11.10 am |
| Under 10 Boys | Year 5 | 1,000 metres | 11.15 am |
| Under 11 Girls | Year 6 | 1,000 metres | 11.20 am |
| Under 11 Boys | Year 6 | 1,000 metres | 11.25 am |

Entry Fee = £1 per individual entrant

Closing Date: Tuesday 19 March 2019

| | | Approx distance | Time From |
|-------------------|---|-----------------|-----------|
| Under 13 Girls | (11 & 12 yrs old – midnight 31 Aug/1 Sept 18) | 2,750 metres | 12.05 pm |
| Under 15 Girls | (13 & 14 yrs old – midnight 31 Aug/1 Sept 18) | 3,000 metres | 12.15 pm |
| Under 17 Women | (15 & 16 yrs old – midnight 31 Aug/1 Sept 18) | 3,850 metres | 12.25 pm |
| Under 13 Boys | (11 & 12 yrs old – midnight 31 Aug/1 Sept 18) | 2,750 metres | 12.10 pm |
| Under 15 Boys | (13 & 14 yrs old – midnight 31 Aug/1 Sept 18) | 3,850 metres | 12.40 pm |
| Under 17 Men | (15 & 16 yrs old – midnight 31 Aug/1 Sept 18) | 5,500 metres | 12.45 pm |

Entry Fee = £2 per individual entrant

Team Events: 6 to run. Teams declared on day (3 to score)

Closing Date: Tuesday 19 March 2019

Entries to Championship Secretary: Mr A R Williams, 7 Redcar Avenue, HEREFORD, HR4 9TJ

INDIVIDUAL ENTRY
HEREFORDSHIRE A.A. – CROSS COUNTRY CHAMPIONSHIPS

Name Age group

Address

Club/School Date of Birth

County Qualification
(Birth or 9 months residence)

Entrance Fee Enclosed

Signed

Date