

# **NYSD CROSS COUNTRY RELAYS**

**THE FLATTS, THIRSK, YO7 1LU**

**SUNDAY 24th SEPTEMBER 2017**

**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

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