CLUB JUNIOR CROSS COUNTRY

With No Cross Country events available this year, the Club has decided to stage its own event to keep members motivated.

We will have procedures to keep all athletes, officials and spectators safe and hope that you will respect and comply with all the rules. It is going to look and feel a bit different to a usual Cross Country event but like everyone, we are having to learn and adapt.

*By entering this event you are acknowledging and agreeing to the following-*

*1. Observe Social Distancing while you are on site.*

*2.There will be NO toilet facilities for athletes and any supporters .*

*3. To limit your time at the event you need to arrive, register, warm up in a designated area, report for you event, compete, cool down and depart in a time efficient manner*

*4. Only athletes and officials will be allowed on the Course*

*5. Once parked go to the administration table to collect your race number, hand sanitizer will be available but make sure you have your own with you.*

*6. Results will only be available online- after the last event.*

*7. Remember Social Distancing at all times.*

*8. No shouting unless you are wearing a face mask*

*9. Detailed instructions about the course, warm up areas and protocols will be emailed after your entry has been confirmed*

Entry is free

Only entries from athletes who have paid their annual membership fees will be accepted

Held under UKA Rules

Provisional Timetable

U9G 12.30

U9B 12.40

U11G 12.50

U11B 13.05

U13G 13.20

U13B 13.35

U15G/U17W 13.50

U15B/U17M 14.10

Final Timetable will be available on the club website as soon after then closing date as possible

Name\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Age Group \_\_\_\_\_\_\_\_\_\_\_\_\_

Date of birth\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Male/Female\_\_\_\_\_\_\_\_\_\_\_\_

Address\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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Tel No.\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Print e-mail for confirmation\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

England Athletics URN ( U13/U15/U17 only)\_\_\_\_\_\_\_\_\_\_\_\_

This event is being held under England Athletics - Return to Cross Country and GOV.UK Covid Secure guidelines and as such we will be sending out detailed instructions re registration, warmup area, social distancing, competition protocols and results - once your entry is received.

By entering you are committing to following government guidelines and will inform us if in the 7 days prior event you or anyone in your household develop any COVID like symptoms or have been in contact with anyone with symptoms. <https://www.nhs.uk/conditions/coronavirus-Covid-19/>  Your contact data will be retained for 21 days from event date, then deleted.

If you are U18 you must also follow the athlete/parent guidance where necessary again available on the England Athletics website.

Sign/enter name below to acknowledge and confirm the above (parent to sign if athlete is Under 18)

Name\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_Tel No.\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

e-Mail\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Entry Forms e-mailed to openmeet@bmhac.co.uk**

# Closing Date for entry: Sunday 13th December