**Sussex Schools Cross Country Championships**

**Wednesday 14 January 2015**

**Waterhall Playing Fields Brighton BN1 8YR**

 12.15 Junior Girls 3K Yr. 8/9 12:45 Junior Boys 4.3K Yr. 8/9

 1:15 Inter Girls 3.5K Yr. 10/11 1:45 Inter Boys 6K Yr 10/11

 2:15 Senior Boys 7.1K and Senior Girls 4.3K Yr 12/13

 Dates as 1st September 2014

 The course is suitable for spikes and has a short area of road surfacing.

The course is NOT suitable for trainers.

 The course is generally fast and flat with one steep hill climb. Course maps will be available on the day.

**Registration will take place on the day at the Rugby Club. Separate registration tables for: U 15 Boys, U15 Girls U17 Boys U17 Girls will be located in the clubhouse.**

**Senior Boys and Girls will register at the same table.**

**Schools must have their entries for each age group on a separate form that should be handed in at the correct registration table.**

**Please complete the registration form for each age group and bring with you on the day. It will save so much time if you allow complete your registration forms prior to leaving school to hand in on the day.**

**Allow sufficient time for registration and for viewing the course.**

 Ensure dates of birth comply – last year some athletes who finished in the top ten were disqualified as they did not fulfil age regulations.

Registration must include:

Name, D.of B., Contact Details and name of School/College.

Individual medals and team medals for first four team runners to finish will be awarded and presented on the day.

Ensure completed finish envelopes are handed in to the Rugby Clubhouse as soon as possible at the end of each race.

Refeshments, changing rooms, toilets and First Aid available at the Clubhouse.

Parking: As directed by stewards.

As parking is limited and on road parking is forbidden, please make every effort to share transport.

Sussex Officials only at Club house car park.

Mini bus and coaches only at Rugby pitch car park.

Cars only at lower car park

Sussex Teams will be selected:

 31 Jan.S.E.Schools Inter Counties X-C (ESAA ages)Reigate Surrey

 14th March 2015 ESAA X-C Witton Park Blackburn.

19th March Year 7 &8 Sussex Schools XC Champs Christs Hospital Horsham

22nd March SIAB XC Dublin Ireland

28th March Schools Inter Counties Year 7&8 XC Somerhill School Kent TN11 0NT

See Below for Declaration Form

Print off sufficient complete for each age group and bring with you on the day.

Chris Jones Championship Secretary

cjones@btinternet.com

14 January 2015 SUSSEX SCHOOLS CROSS COUNTRY

 **DECLARATION FORM**:

Age Group:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

School Coll:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_Teacher\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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