

ESAA RULES 2019

Cross Country Championship Rules

19. The Championships shall be held on a Saturday in March each year.
20. **Competitors and Reserves.** Counties shall be entitled to enter 12 competitors, in each Championship event, from whom a team of 8 to run shall be selected, with 6 of those selected competitors to score points.
21. **County Stewards.** County Stewards must be in the ratio of one to every twelve competitors or part thereof subject to a maximum of four County Stewards for the Girls Championship and four for the Boys Championship.
22. **Entries.**
- (a) Entries of nominees shall be completed online so as to reach the Cross Country Secretary at least 16 days before the day of the Championships. The relevant contribution per competitor must be received by the Cross Country Secretary at the latest 7 days prior to the day of the Championships. The rate of such contributions shall be determined annually by the General Committee.
 - (b) Counties unable to field a full team in any age group may enter individual runners.
 - (c) No entries shall be accepted from an Association whose affiliation fees are outstanding. No late or amended entries shall be accepted after the closing date as identified above.
 - (d) All selected runners for all teams shall be declared in writing at least half an hour before the start of the first event of the Cross Country Championships whether Boys or Girls or Joint Championships.
 - (e) Numbers supplied by the E.S.A.A. shall be worn on the breast and be clearly visible.
23. **Distances.** The length of the courses shall be:-
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|---------------------|-----------------------|
| Junior Boys: | 3,500 - 4,500 metres |
| Intermediate Boys: | 5,000 - 6,000 metres |
| Senior Boys: | 6,500 - 7,500 metres |
| Junior Girls: | 3,000 - 3,500 metres |
| Intermediate Girls: | 3,500 - 4000 metres |
| Senior Girls: | 3,500 – 4,500 metres. |
24. **The Course.** The course shall be marked with flags and guides, and there shall be a clear run of at least 250 metres at the start and 230 metres at the finish.
25. **Finish.** In order to avoid queuing outside the funnel at the finish, the funnel shall be made in accordance with the recommendation of the English Schools' Athletic Association.
26. **Scoring.**
- (a) At the conclusion of each Championship, the official Judges shall decide the respective places of the scoring competitors of each County, add these together, and the County having the lowest aggregate shall be declared the winning County.
 - (b) In the event of a tie, the County whose last scoring member finished nearer to first place shall determine the result.
 - (c) A special award shall be made in each race to the team, other than the first three (3) teams, which has the best placed 8th finishing athlete.
27. **Officials.** The duties of Officials shall be in accordance with the recommendation of the English Schools' Athletic Association.