



Motherwell Athletics Club

2011-12 Cross Country Championship

The Cross Country Championship consists of the best two of three nominated races at which points are scored according to finishing times. There are separate male and female Championships.

In each race 10 points are awarded to the fastest male and female MAC members to finish, 9 points for 2nd etc, down to 1 point for those finishing 10th and over. Bonus points are accrued by participating in a nominated team event.

In the event of a tie after the best two results are collated, the tied athlete with the faster lap time from the SA National XC Relays, Cumbernauld, is deemed the winner.

Eligibility

Only fully paid-up first-claim members at the time of starting each race are eligible for points.

To qualify for points, athletes must wear an official MAC vest or top.

Points are not awarded if an athlete fails to finish a race.

Race numbers must not be exchanged.

For point-scoring purposes, members must be born before 01/09/1994 (U20 or Senior).

Unfortunately U20s run in a separate race at the Nationals in February so cannot earn points at this event.

Team Events (Bonus points)

To encourage participation in team events, MAC members are awarded a bonus of 5 points for taking part in the following:

22nd Oct 2011 National Cross Country Relay Championships

Results

Points are compiled from official published race results.

Prizes

Prizes to 1st/2nd/3rd males and females at the 2012 Annual Prizegiving.

2011-12 Races

19th Nov 2011 Lanarkshire AAA Cross Country Championships

10th Dec 2011 West District Cross Country Championships

18th Feb 2012 Scottish National Cross Country Championships

Lanarkshire AAA allow entries on the day. Other events have closing dates so a combined MAC entry form is submitted; add your name to the forms on the Boathouse noticeboard.

Late entries are not accepted.

NB Check your Scottish Athletics membership is current. Lapsed memberships result in disqualification as do substitutions between entered/non-entered athletes.

THIS IS YOUR RESPONSIBILITY!

Age categories for XC in Winter 2011-12

Senior	Born before 01/09/1991
U20	Born during 01/09/1991 to 31/08/1994
U17	Born during 01/09/94 to 31/08/1995