

**NYSD Cross Country League  
Croft Circuit  
Dalton, Darlington DL2 2PL  
Sunday 12th March 2017  
Road Relays**

**RULES**

1. Club vests **MUST** be worn (**NO vest NO team**)
2. Athletes may only compete for 1 team
3. Athletes may only do 1 leg
4. Any athlete receiving outside assistance (i.e. Pacing) will be disqualified
5. Race numbers & Team Declaration sheets will be available on race day
6. Completed Declaration sheets to be handed in 15 mins before race starts
7. Race numbers must be worn on the front of running vest

**Juniors**

**Under 13 & 15 3 per Team each athlete doing 1 small lap (1.75K)**

**Seniors**

**Women 3 per Team each athlete doing 1 large lap (3.5K)**

**Men 4 per Team each athlete doing 1 large lap (3.5K)**

**Senior Teams can comprise of U17, U20, senior or vets, they will all be classed as seniors.**

**TIMETABLE**

**Race 1 1:00pm Under11 Boys & Girls (**NOT A RELAY RACE**) 1 Small lap**

**Race 2 1:10pm Under13 Boys & Girls**

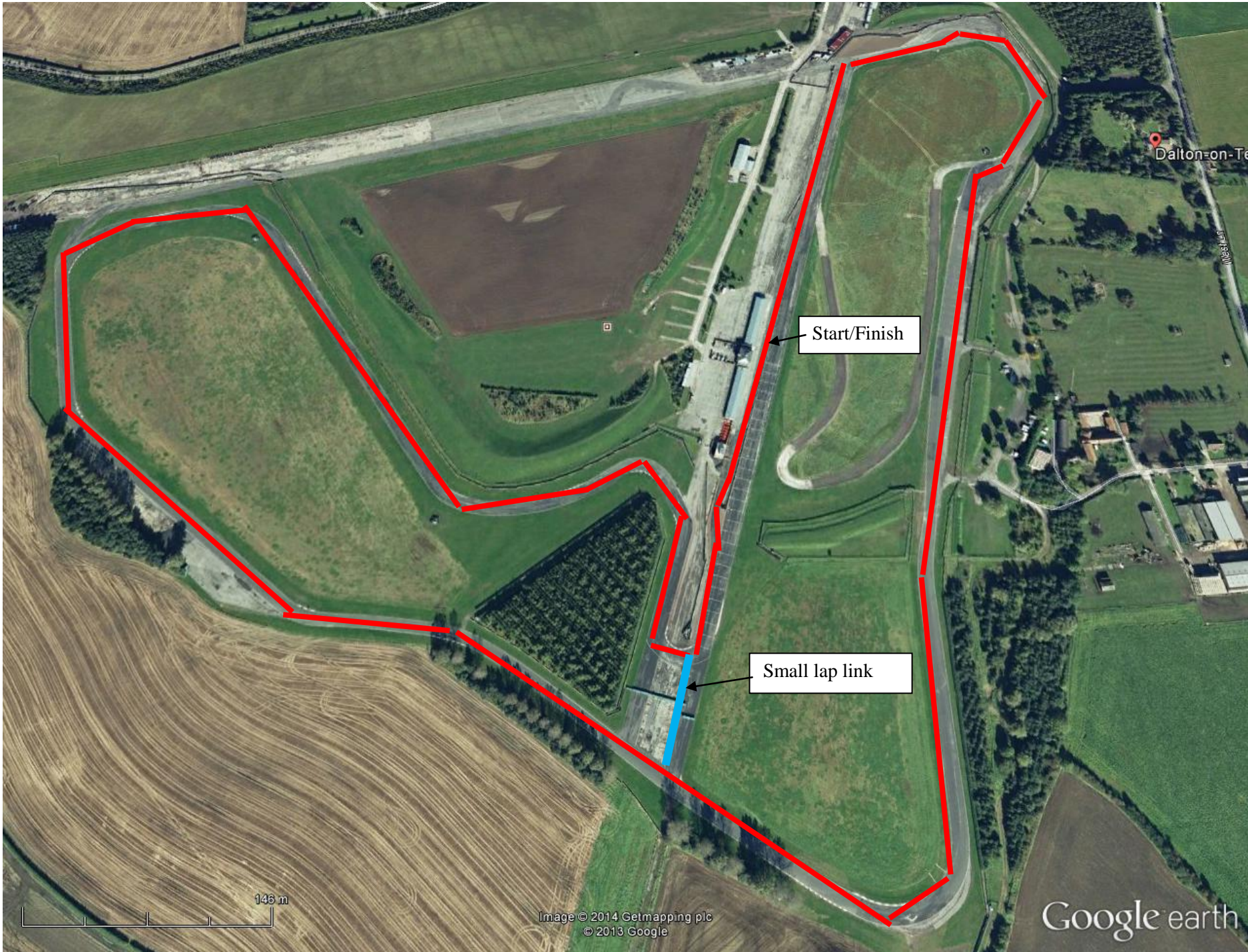
**Race 3 1:35pm Under15 Boys & Girls**

**Junior Medal & Trophy Presentations (U11, U13, U15)**

**Race 4 2:30pm Senior Women**

**Race 5 3:30pm Senior Men**

**U17, U20, Senior Medal & Trophy Presentations**



Dalton-on-Te

Start/Finish

Small lap link

146 m

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