

# Kent County Athletics Association, Cross Country Leagues

## 2015-2016 Season Rules and Information

Note : Text with grey background signifies a change from previous rules.

### 1. Age Categories.

All Competitors must be Under 13, Under 15, Under 17, Under 20, or Over 20, as stated in the UKA Rules for Competition for the event in which the athlete competes, summarised below. The Competition Year extends from 1st October to 30th September in the following year.

- (i) Under 13 Boys and Girls: competitors who are aged 11 on the day of competition, or 12 on 31st August prior to the commencement of the Competition Year (PCCY) as defined above.
- (ii) Under 15 Boys and Girls: competitors who are aged 13 or 14 on 31st August PCCY.
- (iii) Under 17 Men and Women: competitors who are aged 15 or 16 on 31st August PCCY.
- (iv) Junior Men and Women: competitors who are aged 17, 18 or 19 on 31st August PCCY.
- (v) Senior Men and Women: competitors who are aged at least 20 on 31st August PCCY. Junior Men and Women may compete in Senior events as appropriate and subject to the maximum distances for their age group not being exceeded.
- (vi) Veteran Men: competitors who are at least 40 years of age on the date of the competition.
- (vii) Veteran Women: competitors who are at least 35 years of age on the date of the competition.

### 2. Qualification.

The leagues will be open to clubs and schools affiliated individually to the Kent County A.A., or schools affiliated with the Kent Schools A.A. For insurance purposes, clubs must also be affiliated to England Athletics. Each age group will compete in separate leagues. Athletes may compete for their second claim club within Kent, provided that their first claim club has not entered the league. Athletes cannot compete for more than one club in any one season.

### 3. Fixtures.

There will be five meetings with each age group having separate competitions. At the Referee's discretion, and in order to allow the smooth running of the programme, age groups, but not sexes (except Male Vet 70 with Senior Women), may be merged and/or times of races altered. It is up to Team Managers to ensure that their athletes are made aware of any changes. There will be a separate competition for Males over 70 years. This will be run at the same time as the Senior & Veteran Womens' race over 5000m.

### 4. Meeting Details.

<u>Date</u>	<u>Venue</u>	<u>Host Club</u>
Sat. 10 Oct. 2015	Stanhill Farm, Wilmington	Dartford Harriers AC
Sat. 24 Oct. 2015	Somerhill School, Tonbridge	Tonbridge AC
Sat. 7 Nov. 2015	Sparrows Den, Hayes	Blackheath & Bromley Harriers AC
Sat. 28 Nov. 2015	Danson Park, Bexleyheath	Bexley AC (Venue TBC)
Sat. 13 Feb. 2016	Foots Cray Meadows or Parkwood School	Cambridge Harriers AC (Venue TBC)

**5. Race Details and start times.**

<b><u>Age Group</u></b>	<b><u>10 Oct</u></b>	<b><u>24 Oct</u></b>	<b><u>7 Nov</u></b>	<b><u>28 Nov</u></b>	<b><u>13 Feb</u></b>	<b><u>Dist.</u></b>
U/13 Girls	1200	1200	1200	1200	<b>No Race</b>	2500m
U/13 Boys	1220	1220	1220	1220	<b>No Race</b>	3000m
U/15 Girls	1240	1240	1240	1240	<b>No Race</b>	3000m
U/15 Boys	1300	1300	1300	1300	<b>No Race</b>	4000m
U/17 & 20 Women	1320	1320	1320	1320	<b>No Race</b>	3500m
U/17 & 20 Men	1340	1340	1340	1340	<b>No Race</b>	5000m
Sen.& Vet. Women	1400	1400	<b>No Race</b>	<b>1400</b>	1200	5000m
Men Veteran 70+	1400	1400	<b>No Race</b>	<b>1400</b>	1200	5000m
Sen. & Vet. Men	1430	1430	1400	<b>No Race</b>	1230	10000m

**6. Race Numbers.**

A set of numbers will be provided at the first fixture only. These must be retained for the season. U20 runners will wear a “J” letter on their back to assist identification. A list of potential competitors must be entered on the Entry Form and returned to the Entry Secretary, together with fees at least two weeks before the first meeting, in order that numbers can be allocated. See below for address details.

Additional runners can be entered at any time during the season.

Replacement numbers must be clear and in black to assist Officials.

Race numbers are strictly non-transferable. Unregistered competitors who compete using another person's race number will be disqualified.

## **7. Scoring.**

### **Team Scoring:**

Team scores for each race are based on the sum of the finish positions of the qualifying team members. Match points are awarded by giving one match point to the last placed team, then incrementing by one for each remaining team, with the winning team receiving the maximum points. If two (or more) teams tie on finish positions, the relative position of the last placed finisher in each team will determine the order for awarding match points.

Young Athletes Leagues : Any number may enter with the first three runners to finish scoring.

Senior Womens' League : Any number may enter with the first three runners to finish scoring towards the League Trophy and the first six to finish scoring towards the Six-to-Score Trophy. Senior and Veteran Women will combine for team results.

Senior Mens' League : Any number may enter with the first four runners to finish scoring towards the Kent Messenger Cup and the first twelve to finish scoring towards the Duodec Trophy. Senior and Veteran Men (but not including Male Veteran 70+ category) will combine for team results.

There will be no "B" teams in any League.

### **Team League Scoring.**

Team League placings will be determined using the following rules of precedence:

1. The number of team finishes throughout the season.
2. The total match points.
3. The total team score (lowest is best).

If there is a tie for first team place, the award will be made jointly and each club will hold the trophy for 6 months.

To qualify for the Most Improved Club award a Club must have scored match points in at least four of the eight Male and Female Young Athlete team categories, within that season.

### **Individual Scoring.**

Individual league placings will be determined using the following rules of precedence:

1. The number of league finishes.
2. The sum of finish positions from all races (race score), lowest is best.
3. The best individual performance \* compared to other athletes who are tied on race score.
4. The aggregate finish time for all races compared to other tied athletes, lowest is best.

\* If two athletes share the same best individual performance, then the next best individual performance will be considered, and so on...

The Awards for both First Team and First Individual will be over all four matches. If no team/individual completes all four fixtures, then the best team/individual over three fixtures (but not less than three), will win. This rule concerns first places only and does not apply to the Senior Mens' League whose awards will continue to be over all four matches.

## **8. Awards.**

### Ladies:

Kent Womens' CC League Trophy will be awarded to the Under 13 League Champions.

Kent Womens' CC League Trophy will be awarded to the Under 15 League Champions.

Kent Womens' CC League Trophy will be awarded to the Under 17 League Champions.

Kent Womens' CC League Trophy will be awarded to the Under 20 League Champions.

Kent Womens' CC League Trophy will be awarded to the three-to-score Senior Womens' League Champions.

Kent Womens' CC League Six to Score Trophy will be awarded to the six-to-score Senior Womens' League Champions.

Royal Bank of Scotland Silver Salver will be awarded to the Overall Winning Club (not including Seniors).

The Cliff Temple Memorial Trophy will be awarded to the best Overall Senior Individual.

The Ron Hale Trophy will be awarded to the best Overall Veteran Individual.

1st, 2nd & 3rd individuals in each age group, including Veterans, based on performances over all the League meetings will receive a commemorative plaque.

### Men:

The Cove Memorial Cup will be awarded to the Under 13 League Champions.

The Medway Cup will be awarded to the Under 15 League Champions.

The Youth Cup will be awarded to the Under 17 League Champions.

The Alan Brent Shield will be awarded to the Under 20 League Champions.

The Kent Messenger Cup will be awarded to the four-to-score Senior Mens' League Champions.

The Duodec Trophy will be awarded to the twelve-to-score Senior Mens' League Champions.

The Doris Lucas Trophy will be awarded to the Overall Winning Club (not including Seniors).

The Kent Cross Country League Individual Trophy will be awarded to the best Overall Senior Individual.

The Dartford Harriers Shield will be awarded to the best Overall Veteran Individual.

1st, 2nd & 3rd individuals in each age group, including Veterans, based on performances over all the League meetings will receive a commemorative plaque.

### Young Athletes Categories, Male and Female:

The Neil Smith Trophy will be awarded to the Most Improved Club.

## **9. Fees**

**Entry fee:** The entry fee will be £3.00 per individual per season. There is no team fee. Cheques must be made payable to **Kent County Athletic Association**.

**On-the-day entries:** Payment for all on-the-day entries (except guest entries) will be deferred until after the last meeting of the season. An invoice will then be sent to each club, together with a balance sheet and list of participating athletes, including date of registration. This does not apply to entries received before the season commences, where payment should be submitted along with the entry form. By joining the League, the club implies agreement to reimburse KCAA for all on-the-day entries for its members throughout the season.

**Guests:** Guest entry fees must be paid for on the day of competition. The fee for guest entries is £3.00 per race.

**10. Race organization and remuneration.**

The Host Club will be responsible for course measuring & marking, changing accommodation, toilets and refreshment facilities. It is recognised that sometimes we may have to accept courses without some of these facilities. A qualified First-Aider, and wherever possible, an ambulance will be present. The Organising Committee (not the Host Club) will be responsible for booking the First-Aid contractor for all fixtures. The Host Club will be reimbursed by the County £100. Any expected costs above £100 must be requested in writing to the County Executive Committee through the League Secretary before any commitment is made.

**11. Results.**

Results will be published on the KCAA website, as soon as practicable after each meeting.

**12. Trophy responsibilities.**

Clubs will be responsible for all trophies awarded to their teams and/or individuals, and for ensuring that they are returned, cleaned and engraved, for re-presenting.

**Trophies should be returned by the third fixture in the season at the latest.**

**13. Manager's meeting**

There will be a meeting of Team Managers following the final fixture to discuss any aspect of the League structure for the following season.

**14. Acceptance.**

Clubs competing in the Leagues are deemed to have agreed to the above Rules.

**Organisers** on behalf of the Kent County Athletic Association:

Paul Hills (League Secretary) Tel. 01322 663669 email daddy\_hills@hotmail.com

Tony Durey (League Co-ordinator) Tel. 07778 747972 email tony.dhac@hotmail.co.uk

Peter Butler (Trophy Secretary)

Jason Marchant

Gill Skellon (Officials Co-ordinator) Tel 0208 3012189 email gskellon@lineone.net

David Kitcher (Entry Secretary) Tel 01322 662992 email david@kitcher.eclipse.co.uk

Cheques and printed copies of Entry Forms to:

David Kitcher  
Flat 3, Kingsnorth Court  
Main Road  
Crockenhill  
Swanley  
Kent BR8 8JL

The completed Entry Form spreadsheet may be emailed to the Entry Secretary. This would be appreciated, as it saves a lot of typing!

This document and the Entry Form spreadsheet can be downloaded from the KCAA website:

<http://www.kcaa.org.uk/>

Any changes to venues, dates etc will be posted on the KCAA Cross Country web page.