



CROSS COUNTRY

Venue

Main Sports Field

Organising Table

West Bridgford 601

Registration

09:00

Start Time

10:00

Rules

The course will be about 3 miles of grass and paths, and will be marked and marshalled. Each Area can enter a team of at least three and a maximum of four runners with the aggregate placing of the best three to count towards the team prize i.e. $4\text{th}+12\text{th}+28\text{th} = 44$ points.

The lowest aggregate score will be the winner, with each Area's number of points determining the placings down to 16th position. Three runners must finish to qualify for a team score. If fewer than three runners from an Area complete the course, the Area will be disqualified. In the event of a tie in the aggregate, the highest individual placing will decide the positions.



The Event Convenor will act as referee and settle any disputes that may arise. Mitch Robinson, NSW 2008 Sports Convenor, will perform final arbitration