Please follow all COVID-19 Road Races/Cross Country Guidelines.

**Age Group and Approximate Distances (1 loop courses)**

**All runners to have completed ALF testing 20 min prior to the star of their race**

* To be run separately first Race starts at 8:30 am to allow for Covid-19 testing Antigen Lateral Flow (ALF)
	+ 8:30 am -U10 1m – 1.5m
	+ 8:45 am U12 1m – 1.5m
	+ 9:00 am U14 1.5m – 2.0m
	+ 9:15 am U17 2.0m – 2.5m
	+ 9:30 am U20 2.5 – 3m
	+ 9:30 am Open (20-29) females 2.5m – 3.0m males 5.0m – 5.5m
	+ 9:30 am Masters (40-49) 2.5m – 3.0m
	+ 9:30 am Senior Masters (50 – 59) 2.5m – 3.0m
	+ 9:30 am 60+ 2.5m – 3.0m

**Registration**

* **Registration and payment will be online ONLY!**
* Costs for the cross-country series events $10 for all
* Costs for the Cross-Country National Championships $15 for all
* **No registration on race day**
* Number pickup 20 mins before the start of the event
* **No Refunds**

**Point System**

* The series winner will be the athlete that has accumulated the most points Male/Female in each age group
* The point system is 1st-9, 2nd-7, 3rd-6, 4th-5, 5th-4, 6th-3, 7th-2, 8th -1
* Cross-Country Series (Combined scores over the 3 events) - Top 3 in each age group will be awarded prizes
* Cross-Country National Championships - Top 3 in each age group will be awarded prizes