



## *The Bermuda National Athletics Association*

Bermuda Registered Charity #180

P.O. Box HM, Hamilton HMJX Tel: (441)296-0951 Fax: (441) 296-2823 Email: [www.bnaa@logic.bm](mailto:www.bnaa@logic.bm)

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

- To be run separately
  - 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
  - 9:45 am Open (20-39) females 2.5m – 3.0m males 5.0m – 5.5m
  - 9:45 am Masters (40-49) 2.5m – 3.0m
  - 9:45 am Senior Masters (50 – 59) 2.5m – 3.0m
  - 9:45 am 60+ 2.5m – 3.0m

**Races may run up to 45 minutes ahead of schedule times**

**All athletes must check-in 45 minutes ahead of the scheduled time for their race**

### **Registration**

- **Registration and payment will be online ONLY!**
- Costs for each cross-country series event is \$10 per event.
- Costs for the Cross-Country National Championships event - \$15
- **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 1<sup>st</sup>-9, 2<sup>nd</sup>-7, 3<sup>rd</sup>-6, 4<sup>th</sup>-5, 5<sup>th</sup>-4, 6<sup>th</sup>-3, 7<sup>th</sup>-2, 8<sup>th</sup> -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