



2019 Cross Country Series

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<http://acm.kiwi.nz/running/running> Face Book: ACM Runners & Walkers

Race	Date (Sunday)	Venue	A	B,C,D, E & W	Juniors	Midgets	Tea Duty
1	7 th April	Bluff Rangitumau Road	6 km	6 km (E&W 4km)	4 km	2 km	E & W
2	21 st April	Elmley Farm, Taueru	8 km	6 km	4 km	2 km	C & D
3	5 th May	Kamaha Farm, Rangitumau	8 km	6 km	4 km	2 km	A & B
4	19 th May	Rewanui	8 km	6 km	4 km	2 km	E & W
5	2 nd June	ACM Clubrooms, Blair Street	8 km	6 km	4 km	2 km	C & D
6	16 th June	Pitney Farm, Hururua Rd, Carterton	8 km	6 km	4 km	2 km	A & B
7	23 rd June	ACM XC Champs (Whangaehu) & series prize giving (sports bowl)	Distance according to gender/age category				All

Race start times by grade:

	E & W grade	D grade	A & C grade	B grade	Juniors & Midgets
Races 1 & 7	All competitors start together at 10.00am				
All other races	10:00am	10:10am	10:20am	10:25am	10:30am

Race Conditions:

- Race 1 is a grading race and you will be placed in a grade depending on your time/ability. You will remain in that grade for the series unless re-graded by the handicappers.
- There will be 8 grades: 4 senior running (A-D), 1 walk/run (E), 1 walking (W) and 2 for children
 - The **run/walk E grade** is for slower runners, walker/'joggers' and recovering injured runners.
 - The **W (walk) grade** is a strictly for walkers. You will be re-graded if your walking style is questionable enough that it could be considered jogging or if you run in this grade.
 - Junior (J)** competitors must **16 years or under at the first race**.
 - Midget (M)** competitors must be **10 years or under at the first race**. Courses will be off-road.
 - Junior and Midget runners may choose to run in a higher grade.
- All competitors must begin each race in their own grade at the correct start time. Your time will only be recorded against your allocated grade start time.
- Points will be awarded on a scale of 20 for the winner, 19 for second, 18 for third, etc. In addition, two points will be awarded for each person entering and completing each race.
- All races count towards final points. Certificates and prizes will be awarded to the first three places in each grade, depending on numbers. In the event of a draw in any grade, the higher placing will be awarded to the person who finished first in the last race that both competed in.

Cost per race: ACM members free; adult non-members \$5; Junior and Midget non-members \$3.

Spot prizes will be drawn at random from all finishers on race day. You must be present to claim a prize.

Morning tea: The duty grade (see roster above) are responsible for providing a plate, making the tea and cleaning up on race day.

Results: will be posted on the website and Face Book. Please advise of any errors before the next race.

Responsibility: By entering these races competitors agree to assume responsibility for their own actions and their children's/dependants actions during the events and while on location. Competitors agree to follow instructions, to conduct themselves in a manner to prevent injury or harm to themselves or others, not to bring ACM or Trust House into disrepute or do anything that could jeopardise future events.

Safety: Courses may include open roads –please ensure everyone is Road Safe. Be prepared for wet or cold weather conditions. Cross country events will not be cancelled.

Prize giving: The series will finish with Race 6 and the prize giving will follow the cross-country championships. The championships are open to all but only ACM members are eligible for club trophies.