



**SOUTHERN 6/4/3 STAGE
ROAD RELAY CHAMPIONSHIPS
EVENT DETAILS**

At Crystal Palace, London SE19 2BB

On Sunday 24th September 2017

Online Entry is available at www.seaa.org.uk

Closing Date: Friday 8th September 2017

Entry Fees

U13G, U15G & U17W - £36 per Team

U13B, U15B & U17M - £45 per Team

Senior & Veteran Women - £48 per Team

Veteran Men - £48 per Team

Senior Men - £60 per Team

Timetable

10.45am	Under 13 Boys	4 stages of 3000m
10.50am	Under 13 Girls	3 stages of 3000m
11.35am	Under 15 Boys	4 stages of 3000m
11.40am	Under 15 Girls	3 stages of 3000m
12.25pm	Under 17 Women	3 stages of 3000m
12.30pm	Under 17 Men	4 stages of 4500m
1.30pm	Senior Women	4 stages of 4500m
1.30pm	Veteran Women	4 stages of 4500m
2.30pm	Senior Men	6 stages of 6000m
2.30pm	Veteran Men	4 stages of 6000m

**The first 25 Senior Men Teams to score will receive an invitation to the
National Championships.**

Supported By



Entries

Multiple teams in any age group are welcome. Clubs may submit up to 12 names per team for 4 stage relays and 9 names per team for 3 stage relays. All runners must be first claim members of their club and registered with England Athletics.

Clubs must also be affiliated to the SEAA.

Note that runners must run in their correct age group in Young Athletes races. Under 17's are not permitted in the Senior Men and Women's event although Veteran athletes may compete as Seniors.

Declarations

Numbers, Declaration forms etc, will be issued on the day.

The team declarations must be from the names submitted prior to the closing date. **Declaration forms must be submitted at least 30 minutes before the start of the race.**

Awards

Medals will be awarded to each member of the first three teams in each age group, as well as the athlete running the fastest lap in each age group (provided that the athlete is in a team that completes the event).

'B' Teams will be included in results but will not be eligible for a medal.

Results and Chip Timing

Chip Timing will be in use, to be collected on the day. It is likely that there will be a penalty charge for any chips not returned at the end of the event.

Transport to Crystal Palace

Crystal Palace National Sports Centre, Ledrington Road, London SE19 2BB

By Bus: 3, 157, 122, 202, 227, 249, 322, 358, 363, 432, 450

By Train & Tube: Crystal Palace and Penge West

By Bike: There is storage available for up to 40 bikes.

(Please see map on following page)

