

SHAFTESBURY BARNET HARRIERS 2021-2022 WINTER FIXTURE CARD

The fixture card was issued on the 22 September 2021 - Regarding Lee Valley Indoor fixtures, they are in the process of finalising their fixtures. Once we receive these, the fixture card will be updated and re-issued.

This is the link to the fixture card on the website - <http://sbharriers.co.uk/fixtures-results/fixture-cards/>

There you have access to 3 documents for the 2021-2022 season;

- 1) **Fixture Card Front Sheet** – Which gives details of the main club officers, also cross country and road relay team manager, also information on what is available for training and coaching.
- 2) **Fixture Card Fixtures** – Shows dates, venues and type of fixture i.e. whether you have to be pre-entered, or you can just turn up and run.
- 3) **Cross Country Club Championship and Points Races** – Club Championships, there is a race for each age-group, which is either the Start Fitness Metropolitan League or Southern Championships.

Points Race Championships, for the Under 11 Boys and Girls there are 6 races available to compete in, of which the best 4 results count. The winner of each race receives 8 points, second 7 and so on. The remaining age-groups, there are 7 races available to compete in, of which the best 5 results count. The winner of each race receives 8 points, second 7 and so on, except for the Senior Men with the winner receiving 12 points, second 11 and so on.