Basingstoke Junior Cross Country League 2020/21 season

As you will all be aware the Corona virus pandemic has had and continues to have an impact on all aspects of life and they way that we must do things in order to minimise risk to our families, friends and communities whilst trying to maintain the things we enjoy.

After our 2020 AGM we feel that we are able to run the league this season but there will be changes, new rules and extra precautions that are designed not to limit running but to protect everyone.

These new procedures are to keep all athletes, officials and spectators safe and hope that you will respect and comply with all the rules. It is going to look and feel very different to our usual cross country season, but, like everyone, we are having to learn and adapt.

1. All athletes must be preregistered with their team manager by the Friday (noon) before the Sunday match. No entries on the day.
2. Team sheets must be emailed to the results secretary by Friday 9pm  
   Any athlete that has not pre-registered with their club for each race will not be permitted to run. There are no exceptions to this rule.
3. Numbers will be issued by team managers, if possible, at training, and must be retained and reused by the athlete all season. It is the athlete’s responsibility to bring their number to each match.
4. To minimise numbers at each meeting, where at all possible, athletes should be accompanied by one adult only.
5. The EA guidance for attending events encourages participants to arrive, warm up, run and depart in a time efficient manner and we will be following this.
6. All matches will be held at Down Grange- you should be aware that there are currently NO TOILET facilities available and we do not foresee this changing.
7. Different clubs will be the host for each match – please support your club when requests for volunteers are made. The more that help the less everyone has to do.
8. Follow instructions regarding start area and do not gather until called to.
9. Areas around the finish funnel will be taped off, do not enter these areas they are for the officials only.
10. Do not stand near marshalling points.
11. Social Distancing must be observed at all times
12. No refreshments will be available.
13. No tents.
14. All attendees should bring hand sanitiser with them.
15. Anyone from a household that has symptoms or has been told to self-isolate must not attend and must let their team manager know.
16. If in doubt <https://www.nhs.uk/conditions/coronavirus-covid-19/>

Dates are

10th January host BMHAC

7th Feb host Fleet

28th Feb host tba

Timetable this season will be

|  |  |  |
| --- | --- | --- |
| Under 9 Girls | 1.15 pm | 1400 m approx |
| Under 9 Boys | 1.25 pm | 1400 m approx |
| Under 11 Girls | 1.35 pm | 2200 m approx |
| Under 11 Boys | 1.55 pm | 2200 m approx |
| Under 13 Girls | 2.15 pm | 3000 m approx |
| Under 13 Boys | 2.30 pm | 3000 m approx |
| Under 15 Girls | 2.45 pm | 4000 m approx |
| Under 15 Boys | 2.45 pm | 4000 m approx |

Due to the reduced number of meetings and the potential for any of our planned meetings to be cancelled we will not be awarding medals or trophies this year.