

**Important information for athletes entered for the Derbys and Notts Cross Country Championships:**

COVID-19:

We request that you take a lateral flow test prior to the event (if you can get hold of one).

Please do not attend:

- if you have tested positive for Covid and are still within the quarantine period
- if you are waiting for a Covid test result
- if you are feeling generally unwell

If you have to withdraw for any reason there is no need to let us know – it doesn't help in any way.

On the day please arrive in time to collect your numbers which will either be with your club Team Manager/Contact or from the Registration desk in the clubroom if you aren't with a club or school group. Team Managers can collect envelopes with all the numbers for their team in them.

Covid safety is a major concern this year - Allow yourself time to warm up well away from the start/finish area so that we don't get too crowded, and if you are in the start/finish area please consider wearing a mask when not competing.

Spectators are asked to stay well clear of the finish funnel and surrounding area to help reduce Covid risks to our volunteer timekeepers and recorders. If requested to move away please do so.

At the race start please maintain social distancing until called to the line by the starters assistants.

We are in a public park so please also respect other users of the park.

Please wear masks when accessing the toilets.

We recommend that you arrive ready changed and to bring a bag for your dirty shoes after the race.

Athletes and spectators are asked not to go into the results processing room. Any queries should be initially addressed to the officials dealing with presentations outside.

Races will start promptly at the times scheduled.

U11 Boys 11.00am

U11 Girls 11:15am

U17 men 11.30am

Senior Women, Masters Women 11.55am

U13 Boys 12.05pm

Senior Men, Under 20 Men, Masters Men 12:35pm

U13 Girls 12.45pm

U20 & U17 Women 1.30pm

U15 Girls 2.00pm

U15 Boys 2.20pm

Presentations will take place throughout the afternoon when the results have been input and processed.

Have a good race.

Notts AAA and Derbys Athletics