



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

*At Crystal Palace, London SE19 2BB
on Saturday 24th September 2022*

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

Closing Date: Thursday 8th September 2022

Entry Fees

U13G, U15G & U17W - £36 per Team

U13B, U15B & U17M - £48 per Team

Senior & Veteran Women (40+, 50+) - £48 per Team

Veteran Men (40+, 50+, 60+) - £48 per Team

Senior Men - £72 per Team

Timetable

10.45 a.m.	Under 13 Boys	4 stages of 3000m
10.50 a.m.	Under 13 Girls	3 stages of 3000m
11.35 a.m.	Under 15 Boys	4 stages of 3000m
11.40 a.m.	Under 15 Girls	3 stages of 3000m
12.25 p.m.	Under 17 Women	3 stages of 3000m
12.30 p.m.	Under 17 Men	4 stages of 4500m
1.30 p.m.	Senior Women	4 stages of 4500m
1.30 p.m.	Veteran Women	4 stages of 4500m
2.30 p.m.	Senior Men	6 stages of 6000m
2.30 p.m.	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 17s are not permitted in the Senior Men's and Women's events although Veteran athletes may compete as Seniors.

Declarations

An online team declaration system will be available in advance of the event, access details will be sent to Team Managers. Numbers and paper Declaration forms will be issued on the day for any last minute changes.

Team declarations must be made from the names submitted prior to the closing date. **Declaration forms must be submitted at least 60 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

FRS Chip Timing will be in use, to be collected on the day. There will be a penalty charge (£7.00) for any chips not returned at the end of the event.