



ATHLETICS FEDERATION OF INDIA

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F. No. 4-2/AFI/18

November 01 , 2018

All the Affiliated Units - AFI

Subject: - 53rd National Cross Country Championships

Dear Sir

I am pleased to inform you that 53rd National Cross Country Championships will be held at Mathura (UP) on Sunday, the 20th January 2019. The Championships will be organized by UP Athletics Associations under the aegis of Athletics Federation of India. The following races will be conducted in the Championships:-

MALE

FEMALE

Men	- 10Km	Women	- 10Km
Under -20 Men	-8Km	Under-20 Women	- 6Km
Under 18 Boys	-6Km	Under 18 Girls	- 4Km
Under 16 Boys	- 2KM	Under 16 Girls	- 2KM

Composition of Teams

- (a) Men, Women, Under-20 Men, Under-20 Women - 6 to run & 4 to score
- (b) Boys & Girls under 18yrs & 16yrs - Each unit can send maximum of **two** athletes in each section.

Team Championships

Team Championships will be worked out in Men, Women, Under-20 Men & Under-20 Women sections only.

There will be no Team Championships in Races conducted for Boys & Girls under 18 yrs & 16 yrs. In other words, Medals & Merit Certificates will be awarded to First Three places only in these groups.

Last Date for receipt of Entries :- 5th January 2019

Procedure for sending entries :-

The entries have to be submitted "**ONLINE**" as per format, on AFI Website by the State Units/Departmental Sports Boards latest by 5th January 2019. Entries sent by the mode other than "**ONLINE**" will not be accepted. In other words, no manual entry will be accepted.

Entry Fee

The details of entry fee to be paid are as under :-

Junior Athletes	-	Rs. 50/- per head
Senior Athletes	-	Rs. 250/- per head

Eligibility Criteria for Junior Athletes:

- (a) Junior Athlete should be in his/her age group as on 20th January 2019.
- (b) An athlete can participate in his/her age group only.

Age Brackets

Boys & Girls under 20 yrs	-	Born between 21.01.1999 & 20.01.2001
Boys & Girls under 18 yrs	-	Born between 21.01.2001 & 20.01.2003
Boys & Girls under 16 yrs	-	Born between 21.01.2003 & 20.01.2005

Note:- Athletes below 14 years as on 20th January 2019 will not be eligible to participate.

Age Verification

Junior Athletes are required to bring with them original X Standard certificate from recognized Central/State Education Board. Athletes who have not passed X standard OR have not gone to the school at all, are required to bring original Birth Certificate from the concerned Government/Deptt. Municipal authorities. Athletes who are drop outs should bring original Birth Certificate and also certificate showing date of birth from the school he/she last attended.

Junior Athletes, who do not produce the proof of date of birth as mentioned above, **will not be allowed to participate.**

A team of doctors & members of AFI Age Verifications Committee will verify the age of junior athletes.

Flags

Each team is required to bring its Flag and deposit with the organizers.

Accommodation for athletes of Departmental Sports Boards:

As per AFI Constitution, accommodation will not be provided to athletes/officials of Departmental Sports Boards by the host unit. Such units are, therefore, advised to do the needful well in advance to avoid any inconvenience to its athletes/officials.

Contact details of the Organizers

Shri. P.K. Srivastava
Secretary, UPAA
Mob : 9313405647
Email :- upathleticsa@gmail.com

An invitation letter from Secretary, UP Athletics Association giving various details will also be sent to you shortly.

Thanking you.

Yours sincerely



C.K VALSON
Secretary, AFI

CC:-

President, AFI
Secretary, UP Athletics Association
Sh. S.P. Pillai, Chairman AFI, Technical Committee
Sh. Bahadur Singh, Chief Coach
Sh. Radhakrishnan Nair, Dy Chief Coach
Dr. Arun K. Mendiratta, Chairman, AFI Medical Commission
AFI Statistician