

Cross Country

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Distances at World Athletics Cross Country Championships should be approximately

Men: 10km Women: 10km

U20 Men: 8km U20 Women: 6km

The distances recommended for U18 competitions should be approximately:

U18 men: 6km

U18 Women: 4km

It is recommended that similar distances be used for other International and national

A loop course must be between 1500m and 2000m

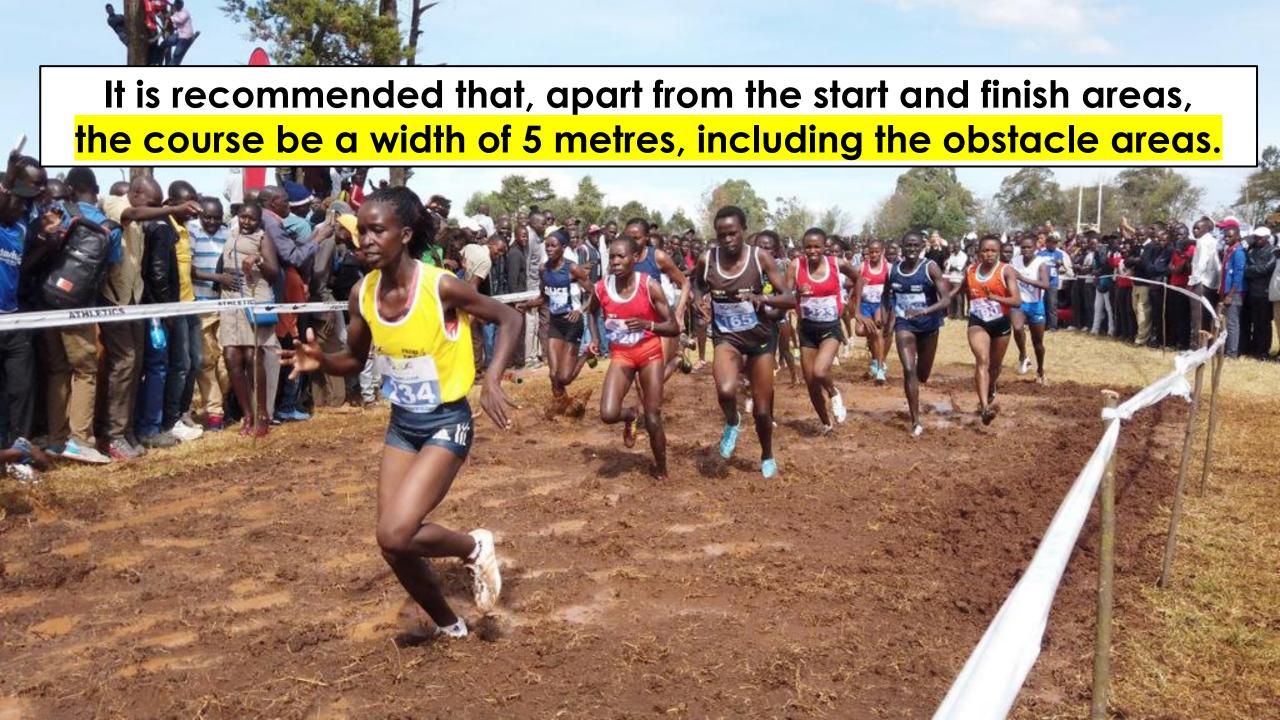
Width of the Start line is upto 30 cm

Existing natural obstacles shall be used if possible









Start

The races shall be started by the firing of a gun, cannon, air horn or like device. The commands for races longer than 400m shall be used.

In races which include a large number of athletes,

Five minute,
Three-minute
and One-minute
warnings should be given.

Drinking / Sponging and Refreshment Stations Water and other suitable refreshments shall be available at the start and finish of all races

Cross Country Team

6 to run and 4 to count

Scoring

Points will be given to the individual runner as per their position

Runner with 1st position will get one point

Runner with 100 position will get Hundred points

Team scoring minimum points will be the winner

Tie Break

Position of 4th runner will be seen

4th runner closer to the first position will be the winner

Thank You