



# Cross Country

**Rajan Bhatia**

**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



**It is recommended that, apart from the start and finish areas, the course be a width of 5 metres, including the obstacle areas.**



# 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 1<sup>st</sup> 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 4<sup>th</sup> runner will be seen

4<sup>th</sup> runner closer to the first position will be the winner



**Thank You**