

## **Special Recommendations for Cross Country Events 2020-21 Season**

Please see below recommendations from Athletics Northern Ireland for Cross Country events in the 2020-2021 season.

### **Summary of Main Points**

1. Maximum of 30 runners per pen
2. Minimum of 2 metres between pens
3. Minimum of 30 seconds between start of each pen
4. Timing mats placed approx. 50m after the start line
5. Final results calculated on times produced by timing mats
6. Maximum recommended distance 4000m

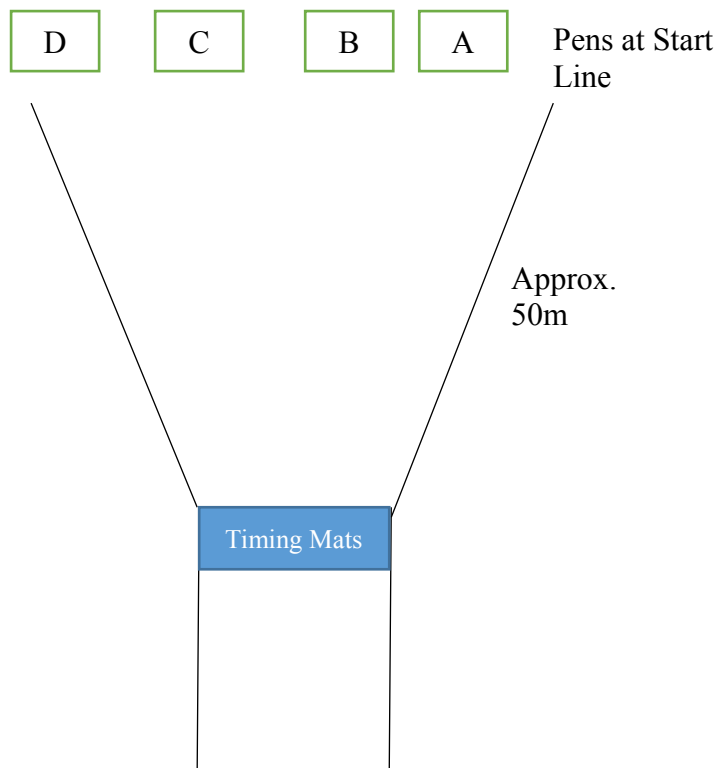
### **Recommendations**

1. The maximum recommended distance for Cross Country races this season is 4000 metres.
2. Present Government regulations require runners to start in groups of up to 30 maximum. Therefore it is recommended that runners should be assembled in pens before the start with at least 2 metres distance between pens. A minimum of 30 seconds should be left between the start of each pen. It is hoped that as time progresses this requirement will be relaxed to allow more than 30 runners to start together. If this happens it may be possible to enlarge pens or to allow more than one pen to start at the same time.
3. With groups starting at different times results will need to be calculated by reference to finishing times. However it is recommended that the better runners should, where possible, start in the first group.
4. Plans of two possible start arrangements are attached. Plan A is the preferred one if the available start line is long enough though Plan B is also acceptable. Runners should be marshalled into all the available pens before the first group starts. It is recommended that in team events no more than two runners from each club should be in each pen.
5. Please note the recommendation that timing mats should be placed approx. 50m from the start line to allow for some thinning out of the field before the times are triggered. There is also less chance of accidental triggering of the timing mechanism on the start line.
6. It is accepted that some cross country race promoters have in the past relied on a manual system for producing results. It would still be acceptable to use such arrangements but the difficulty of producing reliable results with runners starting in groups should not be underestimated.
7. It is likely that results will take some time to compile and verify so it is recommended that prize presentations on the day of the event should not be held.



## Cross Country Recommended Starting Plans

**PLAN A**



**PLAN B**

