****SOUTHERN 12/6 STAGE RR CHAMPIONSHIPS**

**TEAM MANAGER INFO** *Sunday 27th March 2022*

MILTON KEYNES TRACK, MILTON KEYNES, BUCKINGHAMSHIRE MK14 6BN

Registration will open at 9:30 am. Team Managers will be required to fill out a declaration form on the day confirming which athletes are to compete per relay team. These must be submitted at least 30 minutes before the start of the race and only athletes who were entered before the closing date may compete. Teams found to be running additional athletes will be disqualified.

**Athletes may only run one stage each, otherwise the team will be disqualified.**

**You MUST complete, in full, the medical details found on the back of the athlete’s numbers.**

Refreshments will be available on the day.

**TIMETABLE**

11:00 a.m.: U15/U17 Men’s 5km Road Races

11:25 a.m.: U15/U17 Women’s 5km Road Races

12:00 p.m.: Senior Men’s 12-Stage relay, alternating long (odd) and short (even) legs.

1:00 p.m.: Senior Women’s 6 Stage relay, four short legs and two longs legs (legs 2 and 4).

**RESULTS**

Chip timing is being used and results are being provided by FRS Systems.

**CLOTHING**

All competitors must wear registered vests of the same design and colour of the team they are representing. Please note that any Commercial Logo included on a club vest MUST be registered with the Governing Body for athletics in the UK in accordance with rule T5 (S1).

**MEDALS AND AWARDS**

The presentation of medals and team awards will take place as soon as practical after completion of each race. Medals for the U15/U17 5km races will be presented to the first three individuals and first three teams (three to score) per age group. Medals for the relays will be awarded to the first three ‘A’ teams and the fastest long & short legs. Glass awards will be presented to the winning men and women’s team. ‘B’ Teams will be included in results but will not be eligible for an award. Invitations to compete at the National Championships will be presented on the day.

**PARKING**

Cars and buses cars are to park in Stantonbury International School (MK14 6BN) and walk to the track.

**GETTING TO THE EVENT**

For personalised directions to the venue please click the following link and enter in your address <https://goo.gl/maps/5Fb6DCdzCSr>

**MAP OF THE VENUE**

