

WPFG ABRIDGED RULES - CROSS COUNTRY -- Page 1

GUIDING BODIES

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EVENTS

INDIVIDUAL: 10 K. (6.2 miles)

(OR)

INDIVIDUAL: 5 K. (3.1 miles)

Competitors may only run 1 Individual event.

Men's and Women's Individual events will be offered in the following age categories:

18 - 29	50 - 54
30 - 34	55 - 59
35 - 39	60 - 64
40 - 44	65 - 69
45 - 49	70 - 74
	75 +

10 K (ONLY) MEN'S & WOMEN'S HEAVYWEIGHT INDIVIDUAL EVENT:

Men – 200 lbs (90.72 Kg) & over	Women - 140 lbs (63.5 Kg) & over
18 - 39	18 - 34
40 and over	35 and over

TEAM: 6.2 miles (10,000 meters) - Only; no Team event offered in the 5 K event.

Men	Women
18 +	18 +
30 +	30 +
40 +	40 +
50 +	50 +

A TEAM CONSISTS OF A MAXIMUM OF 4 RUNNERS (BEST 3 SCORES TO COUNT). At least 3 team members must complete the course for the team to be eligible for medals. The aggregate score of the best 3 times determines Team score. If a placing team has 4 team members, the fourth team member may only receive a medal if he/she starts the race.

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In order to run on a Team, Competitor must also enter the Individual event. Competitors in both events are scored by the result of one race.

GENERAL SPORT RULES for Cross Country

All Competitors will be provided a bib with a number.

Starting time: The weather will play a large role in the starting time. The recommended starting time is 0700 hours, but can be adjusted to fit the circumstances. Once a starting time has been established, it shall not be changed except to adjust it later in case of hazardous conditions.