



TAMILNADU ATHLETIC ASSOCIATION

(Affiliated to the Athletic Federation of India)

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Secretary

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To
All the Affiliated Units of T.N.A.A.

26.11.2019

Sir,

Sub: Conduct of Tamilnadu Cross Country Race by Nilgiris District Athletic Association at SSVM Institutions, Mettupalayam, Coimbatore District- Intimation - reg.

The Tamilnadu Cross Country Race - 2019 will be hosted by Nilgiris District Athletic Association at SSVM Institutions, Alangombu Post, Sathy Road, Mettupalayam, Coimbatore District on 22nd December, 2019. The following Races will be conducted.

<u>MALE</u>		<u>FEMALE</u>	
Men	- 10 Km	Women	- 10 Km
Under-20 Men	- 8 Km	Under-20 Women	- 6 Km
Under-18 Boys	- 6 Km	Under-18 Girls	- 4 Km
Under-16 Boys	- 2 Km	Under-16 Girls	- 2 Km

Composition of Teams

(a) Men, Women

- 6 to Run & 4 to Score

(b) Boys & Girls below 20 years

- Each Unit can send
any number of athletes.

Team Championships :

Team Championship will be awarded for 6 nos. only.

Result will be considered only four persons.

Cash prize will be given for the first 3 teams and also first 6 individual place holders.

Merit Certificates will be given for the first 10 places.

Participation Certificates will be issued to all the participants

Venue : SSVM Institutions, Alangombu Post, Mettupalayam, Coimbatore District.

Date & Time : 22.12.2019 at 6.00 am.

Chest No: Please collect your chest number at 05.00 pm on 21st Dec 2019 at SSVM Institutions.

Date of Birth

Boys & Girls under 20 yrs - Born between 20.01.2000 & 19.01.2002

Boys & Girls under 18 yrs - Born between 20.01.2002 & 20.01.2004

Boys & Girls under 16 yrs - Born between 20.01.2004 & 20.01.2006

Age Verification:

Junior Athletes are required to bring with them original X Standard Certificate from recognized Central/State Education Board. Athletes, who have not gone to School at all, are required to bring original Birth Certificate from the concerned Government/Municipal authority. Athletes, who are drop outs, should bring original Birth Certificate and also Certificate showing date of birth from the School, he/she last attended. Junior Athletes, who do not produce the proof of date of birth, as mentioned above, will not be allowed to participate.

Accommodation:-

Unfurnished accommodation will be provided to all the participations from 28th morning to 29th evening.

Tamilnadu Athletics team for the **54th National Cross Country Championship to be held at Karimnagar (Telangana) on Sunday 19th January, 2020** will be selected 6 athletes from each category.

Entries:

Entries must be prepared on computer in prescribed Excel format. Entry, not made on the entry form will not be accepted. Entry must be filled in Capital Letters and all its columns must be completed. In no circumstances, hand written entry will be accepted. **The last date for the receipt entries is 17.12.2019.**

Entry Fee:

The entry fee will be Rs.100/- per athlete.

The Points / Medals will be awarded for best two only.

The TNAA organizer reserve the right to admit / reject any entry without assigning any reason thereof.

The TNAA organizer reserve the rights of admission to the venue and lodging.

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Hony. Secretary,
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Shri. C.Rajendran,
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Soliciting your fullest Co - Operation for the successful conduct of the Championships.

Yours sincerely,



C. LATHA.
Hony. Secretary, TNAA.

TAMILNADU CROSS COUNTRY RACE

22nd December 2019,
at SSVM Institutions, Alangombu Post, Sathy Road Mettupalayam,
Coimbatore District.

ENTRY FORM

Name of the District Unit / Institution / Club :

S.No.	BIB. No.	Name of the Athlete(in capital)	Date of Birth	Current Best Performance
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MEN - 10 K.M.

1				
2				
3				
4				
5				
6				

WOMEN - 10 K.M.

1				
2				
3				
4				
5				
6				

JUNIOR BOYS - 8 K.M.

1				
2				
3				
4				
5				
6				

JUNIOR GIRLS - 6 K.M.

1				
2				
3				
4				
5				
6				