# ABERDEEN AAC - RULES FOR TROPHIES AND CHAMPIONSHIPS - MALE
## as from October, 2012

## PERPETUAL TROPHIES

**1.    ANDERSON SHIELD (SPRINTS TROPHY)**

**Eligibility:**    Senior and U20 men.  An U20 man opting for the Sprint Trophy must notify the men's team manager BEFORE the first championship sprint of the season (normally the 60m or 300m at the trials), and in so doing relinquishes his right to compete in the club U20 track championship for that season.

**Events:**    60m, 100m, 200m, 300m, 400m, 110m hurdles and 400m hurdles (senior hurdles).

**Scoring:**    Best 4 from 7 count (club championship events only).  Athletes must take part in a **minimum of 2 events** to win the trophy. Scoring using current IAAF scoring tables.   60m time is multiplied by 1.5 and scored from 100m tables. Highest aggregate wins.  In the event of a tie the winner is the athlete with the best individual score from one event.

**2.    MIDDLE DISTANCE TROPHY**

**Eligibility:**    Senior and U20 men.  An U20 man opting for the Middle Distance Trophy must notify the men's team manager BEFORE the first middle distance championship race of the season, and in so doing relinquishes his right to compete in the club U20 track championship for that season.

**Events:**    800m, 1500m, 3000m, 5000m, 10000m.

**Scoring:**    Best 3 from 5 count - **minimum 2**. (club championship events only).  Scoring using current IAAF scoring tables.  Highest aggregate wins.  In the event of a tie the winner is the athlete with the best individual score from one event.

**3.    BOND CUP (JUMPS TROPHY - original trophy retired 200?)**

**Eligibility:**    Senior and U20 men.  An U20 man opting for the Jumps Trophy must notify the men's team manager BEFORE the first jumps or throws championship event of the season, and in so doing relinquishes his right to compete in the club U20 field championship for that season.

**Events:**    HJ, PV, LJ, TJ.

**Scoring:**    Best 3 from 4 count - **minimum 2**. (club championship events only).  Scoring using current IAAF scoring tables.  Highest aggregate wins.  In the event of a tie the winner is the athlete with the best individual score from one event.

**4.    THROWS TROPHY**

**Eligibility:**    Senior and U20 men.  An U20 man opting for the Throws Trophy must notify the men's team manager BEFORE the first jumps or throws championship event of the season, and in so doing

relinquishes his right to compete in the club U20 field championship for that season.

**Events:** SP, DT, HT, JT (senior implements).

**Scoring:** Best 3 from 4 count,- **minimum 2.** (club championship events only). Scoring using current IAAF scoring tables. Highest aggregate wins. In the event of a tie the winner is the athlete with the best individual score from one event.

5. **VETERANS' QUAICH (OVERALL)**

**Eligibility:** Men over 35 on first day of competition

**Events:** 100m, LJ, SP or DT, 1500m in that order.
SP (5 kg) in odd years, DT (1.5 kg) in even years. Four trials in field events.

**Scoring:** Based on the following differentials:
100m  -  200 pts/sec
LJ   -  3 pts/cm
SP   -  75 pts/metre
DT   -   24 pts/metre
1500m -   5 pts/sec

6. **OVER-40 VETERANS' CUP**

**Eligibility:** Men over 40 on day of competitiion.

Otherwise as for Veterans' Trophy

7. **OVER-50 VETERANS' TROPHY**

**Eligibility:** Men over 50 on day of competitiion.

Otherwise as for Veterans' Trophy

8. **AGE GRADED VETERANS' TROPHY**

**Eligibility:** Men over 35 on day of competitiion.

The performances are age graded using the current WMA factors and scored as above. Otherwise as for Veterans' Trophy

9. **AL KINDREGAN TROPHY**

**Eligibility:** U20 and senior men

**Event:** Awarded to the winner of the men's 800m championship race.

10. **SIMON WYNN TROPHY**

**Eligibility:** U20 and senior men

**Event:** Awarded to the winner of the men's 1500m championship race.

11. **JUNIOR MEN'S MERIT**

**Eligibility:** U20 men
**Event:** Awarded to the member adjudged by the committee to have produced the best single performance during the outdoor track and field season.

## 12.  GEOFF BURTON TROPHY

**Eligibility:** U17 men
**Events:** SP, DT, HT, JT (U17 implements).  Club championship events only.
**Scoring:** Current IAAF scoring tables.  ALL events count **(minimum 2)**. Highest aggregate wins.  In the event of a tie the winner is the athlete with the best individual score from one event.

## 13.  YOUTHS' MERIT (KING TROPHY - retired 2008)

**Eligibility:** U17 men
**Event:** Awarded to the member adjudged by the committee to have produced the best single performance during the outdoor track and field season.

## 14.  CITY OF ABERDEEN TROPHY

**Eligibility:** U15 boys
**Event:** Awarded to the member adjudged by the committee to have produced the best single performance during the outdoor track and field season.

## 15.  ANGUS CUP

**Eligibility:** U13 boys
**Event:** Awarded to the member adjudged by the committee to have produced the best single performance during the outdoor track and field season.

## 16.  UNDER-11 BOYS' MERIT

**Eligibility:** U11 boys
**Event:** Awarded to the member adjudged by the committee to have produced the best single performance during the outdoor track and field season.

## 17?.  WATT TROPHY (MEN)

**Eligibility**: U20 and senior men
**Event:** Awarded to the first club runner in the club cross-country championship race

## 18?.  CROSS COUNTRY CUP - POINTS CHAMPIONSHIP

**Eligibility:** Senior men
**Events:**     Six "counting" cross-country races designated by the committee (minimum 3).
**Scoring:**    10, 9, 8........ 1 for all other finishers. Highest aggregate wins. In the event of a tie the athlete with more wins over the other(s) in counting races is the winner. If still a tie, the championship will be shared.

19.  **SKOL TROPHY  (race not run)**

**Eligibility:** U20 and senior men
**Event:**      Awarded to the first club runner in the annual 6-mile road race.

18.  **MARCLIFFE CUP**

**Eligibility:** Senior men
**Event:**      Awarded to the first club runner in the annual club half marathon or race so designated by the committee.

19.  **ALEX KING TROPHY**

**Eligibility:** Veteran men over 40 on day of competition
**Event:**      Awarded to the first club runner in the annual club half marathon or race so designated by the committee.

20.  **JAMES YOUNGSON TROPHY**

**Eligibility:** Veteran men over 50 on day of competition
**Event:**      Awarded to the first club runner in the annual club half marathon or race so designated by the committee.

## NON-PERPETUAL AWARDS (PLAQUES or MEDALS)

1.   **JUNIOR TRACK CHAMPIONSHIP (winner only)**

**Eligibility:** U20 men who have not indicated, to their team manager, their intention to compete in the senior sprints and/or middle distance championships before the start of the first track championship event of the season.
**Events:**     100m, 200m, 400m, 800m, 1500m, 3000m, 5000m, 10000m, 110m hurdles, 400m hurdles (U20 hurdles).
**Scoring:**    Best 7 from 10 to count - **minimum 4** (club championship events only). Scoring using current IAAF scoring tables. Highest aggregate wins. In the event of a tie the winner is the athlete with the best individual score from one event.

2.   **JUNIOR FIELD CHAMPIONSHIP (winner only)**

**Eligibility:** U20 men who have not indicated, to their team manager, their intention to compete in the senior throws and/or jumps championships

before the start of the first field championship event of the season.

**Events:** HJ, PV, LJ, TJ, SP, DT, HT, JT (U20 implements).

**Scoring:** Best 5 from 8 to count - **minimum 3**. (club championship events only).  Scoring using current IAAF scoring tables.  Highest aggregate wins.  In the event of a tie the winner is the athlete with the best individual score from one event.

## 3. YOUTHS' TRACK CHAMPIONSHIP (winner only)

**Eligibility:** U17 men

**Events:** 100m, 200m, 400m, 800m, 1500m, 3000m, 100H, 400H (U17 hurdles).

**Scoring:** Best 5 from 8 to count - **minimum 3**. (club championship events only).  Scoring using current IAAF scoring tables.  100H time is increased by 1.2 seconds and scored as 110H.  Highest aggregate wins.  In the event of a tie the winner is the athlete with the best individual score from one event.

## 4. YOUTHS' FIELD CHAMPIONSHIP (winner only)

**Eligibility:** U17 men

**Events:** HJ, PV, LJ, TJ, SP, DT, HT, JT (U17 implements).

**Scoring:** Best 5 from 8 to count - **minimum 3**. (club championship events only).  Scoring using current IAAF scoring tables.  Highest aggregate wins.  In the event of a tie the winner is the athlete with the best individual score from one event.

## 5. UNDER-15 TRACK & FIELD CHAMPIONSHIP (first three)

**Eligibility:** U15 boys

**Events:** 100m, 800m, HJ, JT (odd years); 100m, 800m, LJ, SP (even years) (U15 implements).

**Scoring:** 10, 8, 7....1 for all finishers.  Highest aggregate wins.  If equal, number of firsts wins followed by number of seconds etc.  If still equal thistle**??** points are calculated for all performances and highest aggregate wins.

## 6. UNDER-13 TRACK & FIELD CHAMPIONSHIP (first three)

**Eligibility:** U13 boys

**Events:** 100m, 800m, LJ, SP (odd years); 100m, 800m, HJ, JT (even years) (U13 implements)

**Scoring:** 10, 8, 7....1 for all finishers.  Highest aggregate wins.  If equal, number of firsts wins followed by number of seconds etc.  If still equal thistle**??** points are calculated for all performances and highest aggregate wins.

## 7. UNDER-11 TRACK & FIELD CHAMPIONSHIP (first three)

**Eligibility:** U11 boys

**Events:** 100m, 800m, LJ, SP (U11 implements)

**Scoring:**   10, 8, 7....1 for all finishers.  Highest aggregate wins.  If equal, number of firsts wins followed by number of seconds etc.  If still equal thistle**??** points are calculated for all performances and highest aggregate wins.

## 8.   VETERAN CROSS-COUNTRY POINTS CHAMPIONSHIP (winner only)

**Eligibility:**   Men over 35 on dates of races counted
**Events:**   Six "counting" cross-country races (**minimum of 3**) designated by the committee.
**Scoring:**   10, 9, 8........ 1 for all other finishers.  Highest aggregate wins.  In the event of a tie the athlete with more wins over the other(s) in counting races is the winner.  If still a tie, the championship will be shared.

## 9.   VETERAN CROSS-COUNTRY CHAMPIONSHIP (winner only)

**Eligibility:**   Men over 35 on day of competition
**Events:**   Awarded to the winner of the club championship race.

## 10.   UNDER-20 CROSS-COUNTRY POINTS CHAMPIONSHIP (winner only)

**Eligibility:**   U20 men
**Events:**   Six "counting" cross-country races (**minimum 3**) designated by the committee.
**Scoring:**   10, 9, 8........ 1 for all other finishers.  Highest aggregate wins.  In the event of a tie the athlete with more wins over the other(s) in counting races is the winner.  If still a tie, the championship will be shared.

## 11.   UNDER-20 CROSS-COUNTRY CHAMPIONSHIP (winner only)

**Eligibility:**   U20 Men
**Events:**   Awarded to the winner of the club championship race.

## 12.   UNDER-17 CROSS-COUNTRY POINTS CHAMPIONSHIP (winner only)

**Eligibility:**   U17 men
**Events:**   Six "counting" cross-country races (**minimum 3**) designated by the committee.
**Scoring:**   10, 9, 8........ 1 for all other finishers.  Highest aggregate wins.  In the event of a tie the athlete with more wins over the other(s) in counting races is the winner.  If still a tie, the championship will be shared.

## 13.   UNDER-17 CROSS-COUNTRY CHAMPIONSHIP (winner only)

**Eligibility:**   U17 Men
**Events:**   Awarded to the winner of the club championship race.

**14.** **UNDER-15 CROSS-COUNTRY POINTS CHAMPIONSHIP (first three)**

**Eligibility:**     U15 boys
**Events:**          Six "counting" cross-country races (**minimum 3**) designated by the committee.
**Scoring:**         10, 9, 8........ 1 for all other finishers.  Highest aggregate wins.  In the event of a tie the athlete with more wins over the other(s) in counting races is the winner.  If still a tie, the championship will be shared.

**15.** **UNDER-15 CROSS-COUNTRY CHAMPIONSHIP (winner only)**

**Eligibility:**     U15 Boys
**Events:**          Awarded to the winner of the club championship race.

**16.** **UNDER-13 CROSS-COUNTRY POINTS CHAMPIONSHIP (first three)**

**Eligibility:**     U13 boys
**Events:**          Six "counting" cross-country races (**minimum 3**) designated by the committee.
**Scoring:**         10, 9, 8........ 1 for all other finishers.  Highest aggregate wins.  In the event of a tie the athlete with more wins over the other(s) in counting races is the winner.  If still a tie, the championship will be shared.

**17.** **UNDER-13 CROSS-COUNTRY CHAMPIONSHIP (winner only)**

**Eligibility:**     U13 Boys
**Events:**          Awarded to the winner of the club championship race.

**18.** **UNDER-11 CROSS-COUNTRY POINTS CHAMPIONSHIP (first three)**

**Eligibility:**     U11 boys
**Events:**          Five "counting" cross-country races (**minimum 3**) designated by the committee.
**Scoring:**         10, 9, 8........ 1 for all other finishers.  Highest aggregate wins.  In the event of a tie the athlete with more wins over the other(s) in counting races is the winner.  If still a tie, the championship will be shared.

**19.** **UNDER-11 CROSS-COUNTRY CHAMPIONSHIP (winner only)**

**Eligibility:**     U11 Boys
**Events:**          Awarded to the winner of the club championship race.

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## PERPETUAL TROPHIES - MALE OR FEMALE

See end of Female section

# ABERDEEN AAC - RULES FOR TROPHIES AND CHAMPIONSHIPS - FEMALE
## as from October 2012

## PERPETUAL TROPHIES

**1.    LADIES' SPRINTS TROPHY**

**Eligibility:**   Senior women.
**Events:**        60m, 100m, 200m, 300m, 400m, 100m hurdles and 400m hurdles (senior hurdles).
**Scoring:**       Best 4 from 7 count - **minimum 2**. (club championship events only).  Scoring using current IAAF scoring tables.  60m time is multiplied by 1.5 and scored from 100m tables.  Highest aggregate wins.  In the event of a tie the winner is the athlete with the best individual score from one event.

**2.    LADIES' MIDDLE DISTANCE TROPHY**

**Eligibility:**   Senior women.
**Events:**        800m, 1500m, 3000m, 5000m, 10000m.
**Scoring:**       Best 3 from 5 count - **minimum 2**. (club championship events only).  Scoring using current IAAF scoring tables.  Highest aggregate wins.  In the event of a tie the winner is the athlete with the best individual score from one event.

**3.    LADIES' JUMPS TROPHY**

**Eligibility:**   Senior women.
**Events:**        HJ, PV, LJ, TJ.
**Scoring:**       Best 3 from 4 count -.**minimum 2**. (club championship events only).  Scoring using current IAAF scoring tables. Highest aggregate wins.  In the event of a tie the winner is the athlete with the best individual score from one event.

**4.    LADIES' THROWS TROPHY**

**Eligibility:**   Senior women.
**Events:**        SP, DT, HT, JT.
**Scoring:**       Best 3 from 4 count - **minimum 2**. (club championship events only). Scoring using current IAAF scoring tables. Highest aggregate wins.  In the event of a tie the winner is the athlete with the best individual score from one event.

**5.    KITCHEN TROPHY (400 METRES)**

**Eligibility:**   Senior and U20 women.
**Events:**        Awarded to the winner of the club championship 400m race.

**6.    JOY L EDWARDS TROPHY**

**Eligibility:**   All female members
**Events:**        A specially convened high jump event

| **Scoring:** | Awarded to the athlete who clears the greatest height above the club standard for her age group. The bar to be raised in 3 cm increments until winner is decided. In the event of a tie, the normal UKA count-back rules will apply. If still a tie, first place will be decided by a jump-off, the bar being lowered and raised by 1 cm at a time relative to the actual best height cleared by each athlete. (Athletes who are "out" should be advised not to leave the area until certain that they have no chance of winning.) |
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## 7. LADIES' MERIT TROPHY

| **Eligibility:** | Senior Women including veterans |
|---|---|
| **Event:** | Awarded to the member adjudged by the committee to have produced the best single performance, judged against senior standards, during the outdoor track and field season. |

## 8. VETERANS' TROPHY

| **Eligibility:** | Women over 35 on first day of competition |
|---|---|
| **Events:** | 100m, LJ, SP or DT, 800m in that order. |
| | SP (4 kg) in odd years, DT (1 kg) in even years. Four trials in field events. |
| **Scoring:** | Based on the following differentials: |

> 100m - 200 pts/sec
> LJ - 3 pts/cm
> SP - 75 pts/metres
> DT -24 pts/metres
> 800m - 10 pts/sec

## 9. OVER-45 VETERANS' TROPHY

| **Eligibility:** | Women over 45 on first day of competitiion. |
|---|---|

Otherwise as for Veterans' Trophy

## 10. AGE GRADED VETERANS' TROPHY

| **Eligibility:** | Women over 35 on first day of competitiion. |
|---|---|

The performances are age graded according to the current WMA factors and scored as above. Otherwise as for Veterans' Trophy

## 11. UNDER-20 MERIT TROPHY

| **Eligibility:** | U20 Women |
|---|---|
| **Event:** | Awarded to the member adjudged by the committee to have produced the best single performance during the outdoor track and field season. |

## 12. UNDER-17 MERIT TROPHY

| **Eligibility:** | U17 Women |
|---|---|

**Event:** Awarded to the member adjudged by the committee to have produced the best single performance during the outdoor track and field season.

## 13. BANK OF SCOTLAND TROPHY

**Eligibility:** U15 Girls
**Event:** Awarded to the member adjudged by the committee to have produced the best single performance during the outdoor track and field season.

## 14. UNDER-13 MERIT TROPHY

**Eligibility:** U13 Girls
**Event:** Awarded to the member adjudged by the committee to have produced the best single performance during the outdoor track and field season.

## 15. FOUNDERS' TROPHY

**Eligibility:** U11 Girls
**Event:** Awarded to the member adjudged by the committee to have produced the best single performance during the outdoor track and field season.

## 16??. WATT TROPHY (WOMEN)

**Eligibility**: U20 and senior Women
**Event:** Awarded to the first club runner in the club cross-country championship race

## 17. CROSS COUNTRY CUP - POINTS CHAMPIONSHIP

**Eligibility:** Senior and U20 Women
**Events:** Six "counting" cross-country races (**minimum of 3**) designated by the committee.
**Scoring:** 10, 9, 8........ 1 for all other finishers. Highest aggregate wins. In the event of a tie the athlete with more wins over the other(s) in counting races is the winner. If still a tie, the championship will be shared.

## 17??. SUNLIGHT SIX TROPHY  no longer competed for

**Eligibility:** Senior and U20 Women
**Event:** Awarded to the first club runner in the annual 6-mile road race.

## 18. HALF MARATHON TROPHY

**Eligibility:** Senior and U20 Women
**Event:** Awarded to the first club runner in the annual club half marathon or the local race so designated by the committee.

# NON-PERPETUAL AWARDS (PLAQUES or MEDALS)

**1.     UNDER-20 TRACK AWARD (winner only)**

| | |
|---|---|
| **Eligibility:** | U20 women |
| **Events:** | 100m, 200m, 400m, 800m, 1500m, 3000m, 5000m, 100m hurdles, 400m hurdles (senior hurdles). |
| **Scoring:** | Best 6 from 9 to count - **minimum 3** (club championship events only). Scoring using current IAAF scoring tables. Highest aggregate wins. In the event of a tie the winner is the athlete with the best individual score from one event. |

**2.     UNDER-20 FIELD AWARD (winner only)**

| | |
|---|---|
| **Eligibility:** | U20 women |
| **Events:** | HJ, PV, LJ, TJ, SP, DT, HT, JT (senior implements) |
| **Scoring:** | Best 5 from 8 to count - **minimum 3.** (club championship events only). Scoring using current IAAF scoring tables. Highest aggregate wins. In the event of a tie the winner is the athlete with the best individual score from one event. |

**3.     UNDER-17 TRACK AWARD (winner only)**

| | |
|---|---|
| **Eligibility:** | U17 women |
| **Events:** | 100m, 200m, 300m, 800m, 1500m, 3000m, 80m hurdles, 300m hurdles |
| **Scoring:** | Best 5 from 8 to count - **minimum 3**. (club championship events only). Scoring using current IAAF scoring tables. Highest aggregate wins. In the event of a tie the winner is the athlete with the best individual score from one event. |

**4.     UNDER-17 FIELD AWARD (winner only)**

| | |
|---|---|
| **Eligibility:** | U17 women |
| **Events:** | HJ, PV, LJ, TJ, SP, DT, HT, JT (senior implements) |
| **Scoring:** | Best 5 from 8 to count - **minimum 3**. (club championship events only). Scoring using current IAAF scoring tables. Higest aggregate wins. In the event of a tie the winner is the athlete with the best individual score from one event. |

**5.     UNDER-15 TRACK & FIELD CHAMPIONSHIP (first three)**

| | |
|---|---|
| **Eligibility:** | U15 girls |
| **Events:** | 100m, 800m, HJ, JT (odd years); 100m, 800m, LJ, SP (even years) (U15 implements). |
| **Scoring:** | 10, 8, 7....1 for all finishers. Highest aggregate wins. If equal, number of firsts wins followed by number of seconds etc. If still equal thistle points are calculated for all performances and highest aggregate wins. |

**6.     UNDER-13 TRACK & FIELD CHAMPIONSHIP (first three)**

| | | |
|---|---|---|
| **Eligibility:** | U13 girls | |
| **Events:** | 100m, 800m, LJ, SP (odd years); 100m, 800m, HJ, JT (even years) (U13 implements) | |
| **Scoring:** | 10, 8, 7....1 for all finishers. Highest aggregate wins. If equal, number of firsts wins followed by number of seconds etc. If still equal thistle points are calculated for all performances and highest aggregate wins. | |

7.   **UNDER-11 TRACK & FIELD CHAMPIONSHIP (first three)**

| | |
|---|---|
| **Eligibility:** | U11 girls |
| **Events:** | 100m, 800m, LJ, SP (U11 implements) |
| **Scoring:** | 10, 8, 7....1 for all finishers. Highest aggregate wins. If equal, number of firsts wins followed by number of seconds etc. If still equal thistle points are calculated for all performances and highest aggregate wins. |

8.   **VETERAN CROSS-COUNTRY POINTS CHAMPIONSHIP (winner only)**

| | |
|---|---|
| **Eligibility:** | Women over 35 on dates of races counted |
| **Events:** | Six "counting" cross-country races (**minimum of 3**)designated by the committee. |
| **Scoring:** | 10, 9, 8........ 1 for all other finishers. Highest aggregate wins. In the event of a tie the athlete with more wins over the other(s) in counting races is the winner. If still a tie, the championship will be shared. |

9.   **VETERAN CROSS-COUNTRY CHAMPIONSHIP (winner only)**

| | |
|---|---|
| **Eligibility:** | Women over 35 on day of competition |
| **Events:** | Awarded to the winner of the club championship race. |

10.   **UNDER-20 CROSS-COUNTRY POINTS CHAMPIONSHIP (winner only)**

| | |
|---|---|
| **Eligibility:** | U20 women |
| **Events:** | Six "counting" cross-country races (**minimum 3**) designated by the committee. |
| **Scoring:** | 10, 9, 8........ 1 for all other finishers. Highest aggregate wins. In the event of a tie the athlete with more wins over the other(s) in counting races is the winner. If still a tie, the championship will be shared. |

11.   **UNDER-20 CROSS-COUNTRY CHAMPIONSHIP (winner only)**

| | |
|---|---|
| **Eligibility:** | U20 Women |
| **Events:** | Awarded to the winner of the club championship race. |

12.   **UNDER-17 CROSS-COUNTRY POINTS CHAMPIONSHIP (winner only)**

| | |
|---|---|
| **Eligibility:** | U17 women |

|  |  |
|---|---|
| **Events:** | Six "counting" cross-country races (**minimum 3**) designated by the committee. |
| **Scoring:** | 10, 9, 8........ 1 for all other finishers. Highest aggregate wins. In the event of a tie the athlete with more wins over the other(s) in counting races is the winner. If still a tie, the championship will be shared. |

13.  **UNDER-17 CROSS-COUNTRY CHAMPIONSHIP (winner only)**

|  |  |
|---|---|
| **Eligibility:** | U17 Women |
| **Events:** | Awarded to the winner of the club championship race. |

14.  **UNDER-15 CROSS-COUNTRY POINTS CHAMPIONSHIP (first three)**

|  |  |
|---|---|
| **Eligibility:** | U15 Girls |
| **Events:** | Six "counting" cross-country races (**minimum 3**) designated by the committee. |
| **Scoring:** | 10, 9, 8........ 1 for all other finishers. Highest aggregate wins. In the event of a tie the athlete with more wins over the other(s) in counting races is the winner. If still a tie, the championship will be shared. |

15.  **UNDER-15 CROSS-COUNTRY CHAMPIONSHIP (winner only)**

|  |  |
|---|---|
| **Eligibility:** | U15 Girls |
| **Events:** | Awarded to the winner of the club championship race. |

16.  **UNDER-13 CROSS-COUNTRY POINTS CHAMPIONSHIP (first three)**

|  |  |
|---|---|
| **Eligibility:** | U13 Girls |
| **Events:** | Six "counting" cross-country races (**minimum 3**) designated by the committee. |
| **Scoring:** | 10, 9, 8........ 1 for all other finishers. Highest aggregate wins. In the event of a tie the athlete with more wins over the other(s) in counting races is the winner. If still a tie, the championship will be shared. |

17.  **UNDER-13 CROSS-COUNTRY CHAMPIONSHIP (winner only)**

|  |  |
|---|---|
| **Eligibility:** | U13 Girls |
| **Events:** | Awarded to the winner of the club championship race. |

18.  **UNDER-11 CROSS-COUNTRY POINTS CHAMPIONSHIP (first three)**

|  |  |
|---|---|
| **Eligibility:** | U11 Girls |
| **Events:** | Five "counting" cross-country races (**minimum 3**) designated by the committee. |
| **Scoring:** | 10, 9, 8........ 1 for all other finishers. Highest aggregate wins. In the event of a tie the athlete with more wins over the other(s) in counting races is the winner. If still a tie, the championship will be shared. |

**19.    UNDER-11 CROSS-COUNTRY CHAMPIONSHIP (winner only)**

**Eligibility:**    U11 Girls
**Events:**    Awarded to the winner of the club championship race.
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## PERPETUAL TROPHIES - MALE OR FEMALE

**1.    DOUGLAS SMART MEMORIAL TROPHY**

**Eligibility:**    All club members who have competed in javelin for the first time during the past season
**Events:**    Any javelin competitions
**Scoring:**    Awarded to the member adjudged by the committee to have produced the best javelin performance for a novice during the season.

**2.    DINESH LUTCHMAN MEMORIAL TROPHY**

**Eligibility:**    All club members who have competed in sprints for the first time during the past season
**Events:**    Any sprints competitions
**Scoring:**    Awarded to the member adjudged by the committee to have produced the best sprinting performance for a novice during the season.

**3.    JACKIE DUNSTER MEMORIAL TROPHY**

**Eligibility:**    All club members who have competed both is this and the previous season.
**Events:**    Any competitions
**Scoring:**    Awarded to the member adjudged by the Dunster family to have produced the best improvement over the past year.

**4.    HUNTER CONSTRUCTION TROPHY**

**Eligibility:**    All club members.
**Events:**    Any competitions
**Scoring:**    Awarded to the team adjudged by the committee to have produced the most meritorious team performance over the past 12 months.


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