

The internal competition (IC) is a mutual competition between all Kronos members. By participating in various competitions you can earn points. The Kronaut with the most points at the end of the season will be honoured at the ALV with a unique prize and eternal fame! We've got enough fame and prizes to divide between both a male and female winner.

This year you can earn points in two different ways. First, for every competition in which you are participating you get 1 point for free. Next you can earn 6 points for a new personal best and 4 points if you are participating in a, for you, new event. For these points it is important that you count this points yourself and send them after every competition to [tc@kronos.nl](mailto:tc@kronos.nl)

On the other hand, you can earn up till 15 points for your performance on the day itself. These points you can only earn for a selected amount of competitions. The best Kronaut that day will get 15 points, the second best Kronaut will get 14 points and so on. These competitions will be:

Date	Event
22 April	Competition day 1 (Stadskanaal)
2 May	Johan Knaap Games (Hengelo)
12 May	NSK Ekiden (Enschede)
27 May	Competition day 2 (Almelo)
7,8&9 June	Small competition during trainingsweekend
15 June	NSK Meerkamp (Wageningen)
17 June	NSK Weg (Leiden)
1 July	Competition day 3 (Apeldoorn)
14&15 July	NSK Baan (Eindhoven)
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It is important that at some events there are also volunteers. So if you are volunteering at an competition from above, you get 10 points for that competition unless you are also participating in the competition yourself.