

## COMPETITION INFORMATION SHEET

Event: National Cross Country Relay Championships  
(Incorporating Masters Championships)  
Venue: Cumbernauld House, Cumbernauld, G67 3JG  
Date: Saturday 28th October 2017

Race	Age Group	BORN DURING	Declarations Close	Race Starts	Laps
YOUNG FEMALES	U13	01/09/2004 to 31/08/2006			
	U15	01/09/2002 to 31/08/2004	1130hrs	1200hrs	3x2500m
	U17	01/09/2000 to 31/08/2002			
YOUNG MALES	U13	01/09/2004 to 31/08/2006			
	U15	01/09/2002 to 31/08/2004	1210hrs	1240hrs	3x2500m
	U17	01/09/2000 to 31/08/2002			

**BORN BEFORE**  
01/09/2000  
Masters Age on Day  
1250hrs 1320hrs 4x4000m

**Senior/Junior Women will run 4 Legs**  
**Masters Women and W50+ will run 3 legs as in previous years.**

**BORN BEFORE**  
01/09/2000  
Masters Age on Day  
1415hrs 1445hrs 4x4000m

**4 Laps for Masters Men, 3 Laps for M50**

Entries Close first post on: **Monday 16th October 2017** **NO LATE ENTRIES**  
Postal Address for Entries: National CC Relays,  
scottishathletics Ltd, Caledonia House, South Gyle, Edinburgh, EH12 9DQ  
email address: [events@scottishathletics.org.uk](mailto:events@scottishathletics.org.uk)

**Bank Details:** RBS, Sort Code: 83-19-04 Acc No 00667222

YOUNG ATHLETES RACES

1st LAP Under 13      2nd LAP Under 15 OR Under 13      3rd LAP Under 17 OR Under 15

### Important Notes

- (1) Please read Important Information in relation to parking on the scottishathletics website - there will be NO parking at Cumbernauld High School, a Park & Ride system will be in operation from St Maurice's High School
- (2) National relays incorporate Masters Championships. There will be a set of Masters and V50 gold, silver and bronze medals for both men and women. Masters Age Group: from 40 for both men and women on race day.
- (3) Athletes who compete in an SAL championship MUST be current members of scottishathletics. SA numbers must be quoted on the entry form.
- (4) All competitors MUST compete in the declared order, and an entered athlete MUST NOT be substituted by a non-entered athlete at any time.
- (5) Club colours MUST be worn
- (6) Students in Full-time Education in Scotland  
Students in full-time education in Scotland may compete as 1st claim for both their educational establishment and another Scottish club, but not in the same competition. This is provided that the educational establishment club is confined to students of that establishment. Thus, a student may be entered for two clubs but has to choose one at declaration.
- (7) Further information, including Location Map and Course Map, will be available on the Scottish Athletics website.