

COMPETITION INFORMATION SHEET

Event: East District Cross Country Relay Championships **EAST XCR**
 (Incorporating Masters Championships)
 Venue: Glamis Castle, Angus, DD8 1RJ
 Date: Saturday 13th October 2018

Race	Age Group	BORN DURING	Declarations Close	Race Starts	Laps
YOUNG FEMALES	U13	01/09/2005 to 31/08/2007			
	U15	01/09/2003 to 31/08/2005	1200hrs	1230hrs	3x2500m
	U17	01/09/2001 to 31/08/2003			
YOUNG MALES	U13	01/09/2005 to 31/08/2007			
	U15	01/09/2003 to 31/08/2005	1235hrs	1305hrs	3x2500m
	U17	01/09/2001 to 31/08/2003			
SENIOR/JUNIOR + MASTERS WOMEN		BORN BEFORE 01/09/2001 Masters Age on Day	1310hrs	1340hrs	3x4000m
SENIOR/JUNIOR + MASTERS MEN		BORN BEFORE 01/09/2001 Masters Age on Day	1410hrs	1440hrs	4x4000m
Entries Close first post on:	Thur 27th September 2018		<u>NO LATE ENTRIES</u>		
Address for Entries:	events@scottishathletics.org.uk East XC Relays, scottishathletics Ltd, Caledonia House, South Gyle, Edinburgh, EH12 9DQ				
YOUNG ATHLETES RACES	1st LAP Under 13	2nd LAP Under 15 OR Under 13	3rd LAP Under 17 OR Under 15		

Important Notes

(1) District relays incorporate Masters Championships. There will be a set of Masters gold, silver and bronze medals for both Men and Women. Masters Age Group: from 40 for both Men and Women on race day.

(2) All entered athletes must be members of scottishathletics at the time of the closing date and be in date on race day. Entry forms must include SA Numbers, athletes without valid membership numbers will not be processed.

(3) Athletes who are submitted without a valid membership or out of date membership cannot be added after the closing date.

(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.

(8) Club's may only enter a MAXIMUM of 3 TIMES the number of athletes entitled to compete. E.g. For two Senior Men Teams a maximum of 24 eligible athletes.