

COMPETITION INFORMATION SHEET

Event: National Cross Country Relay Championships
(Incorporating Masters Championships)
Venue: Cumbernauld House, Cumbernauld, G67 3JG
Date: Saturday 27th October 2018

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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	1130hrs	1200hrs	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	1210hrs	1240hrs	3x2500m
	U17	01/09/2001 to 31/08/2003			

BORN BEFORE
01/09/2001
Masters Age on Day

SENIOR/JUNIOR
MASTER WOMEN

1250hrs 1320hrs 4x4000m

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

BORN BEFORE
01/09/2001
Masters Age on Day

SENIOR/JUNIOR
MASTER MEN

1415hrs 1445hrs 4x4000m

4 Laps for Masters Men, 3 Laps for M50

Entries Close first post on:
Postal Address for Entries:

Thursday 11th October 2018

NO LATE ENTRIES

National CC Relays,
scottishathletics Ltd, Caledonia House, South Gyle, Edinburgh, EH12 9DQ
events@scottishathletics.org.uk

email address:

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. As per UKA Rule 21

(4) 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.

(5) Athletes who are submitted without a valid membership or out of date membership cannot be added after the closing date.

(6) All competitors MUST compete in the declared order, and an entered athlete MUST NOT be substituted by a non-entered athlete at any time.

(7) Club colours MUST be worn

(8) 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.

(9) Further information, including Location Map and Course Map, will be available on the Scottish Athletics website.

(10) 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.