



**Lindsays National Short Course Cross Country
Championships 2018
Lanark Race Course, (Lanark Rugby Club), Lanark, ML11 9TA
Saturday 10th November 2018**

PARKING

Officials Parking and Tent Drop Off only will be permitted in the car park beside the Astro Turf pitches.

All other vehicles must park on the blaze area on the LEFT as you enter the former Race Course estate. Further overflow parking is available at Lawrie & Symington off Hyndford Road opposite the course.

Please park responsibly.

DECLARATIONS

Declarations will take place within Lanark Rugby Club.

Open from 09:30 where you will pick up your number & chip. Make sure you pick up BOTH.

Under 20 Athletes will be given TWO sets of numbers to be worn Front and Back

Masters Athletes will be given a number for their front and can pick up an Age Banding (40, 50 or 60) for their front and back.

CHIPS

Results are by chip timing. If an athlete doesn't have a chip on their shoe they won't be in the results. **NO CHIP. NO RESULT.**

Disposable CHIPS will be in use at this event, therefore there is no requirement to return this at the end of the race.

Each individual will have a separate envelope containing Bib Number, Timing Chip, instructions on how to attach chip to laces. **Team Managers should collect only the envelopes for athletes who are competing.**

FACILITIES

Changing: There will be Changing facilities available within the Pavilion building by the Astro Turf pitch. Please come ready to run.

Toilets: There are toilet facilities available within the changing building and additional toilets will be available beside the start.

Catering: A catering van will be on site.

Please remember to dispose of all litter correctly.

PRESENTATIONS

Individual presentations will take place immediately after each race at the course.

Team presentations will take place on the course as they are available.

In all 6 races teams are 3 to score with the exception of the Senior/Junior Men and Women which is 4 to score.