

COMPETITION INFORMATION SHEET

Event: Lindsays **scottishathletics** Short Course Cross Country Championships
(Incorporating Masters Championships)
Venue: Lanark Race Course, Hyndford Road, Lanark, ML11 9TA
Registration: Lanark Race Course, Hyndford Road, Lanark, ML11 9TA
Date: Saturday 10th November 2018

Race	Age Group	BORN DURING	Declarations Close	Race Starts	Distance (Approx)
Under 15 Girls	U15	01/09/2003 to 31/08/2005	1130hrs	1200hrs	2000m
Under 15 Boys	U15	01/09/2003 to 31/08/2005	1145hrs	1215hrs	2000m
Under 17 Women	U17	01/09/2001 to 31/08/2003	1200hrs	1230hrs	3000m
Under 17 Men	U17	01/09/2001 to 31/08/2003	1220hrs	1250hrs	3000m
Senior Women		BORN BEFORE 01/09/1998			
Master Women W40/W50/W60		Age On Day	1240hrs	1310hrs	4000m
U20 Women		01/09/1998 to 31/08/2001			
Senior Men		BORN BEFORE 01/09/1998			
Master Men M40/M50/M60		Age on Day	1255hrs	1335hrs	4000m
U20 Men		01/09/1998 to 31/08/2001			

Entries Close first post on: **Thursday 25th October 2018** **NO LATE ENTRIES**

Postal Address for Entries: National Short CC, **scottishathletics** Ltd
Caledonia House, South Gyle, Edinburgh, EH12 9DQ

email address: events@scottishathletics.org.uk

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

Important Notes

(1) Location map and additional information will be shown on the scottishathletics website - www.scottishathletics.org.uk

(2) Team scoring for Senior Races is 4 for Men and 4 for Women. Young athlete races 3 for all races.

(3) U20 and Masters athletes are eligible for individual and team medals in the Senior race as well as individual medals in their age category.

(4) Athletes who compete in scottishathletics championships MUST be a current member of the scottishathletics membership scheme. As per UKA Rule 21

(5) An entered athlete MUST not be substituted by a non-entered athlete at any time.

Non observance of the above leaves the whole field and the officials uninsured in the event of an accident; leaves the athlete at a health risk in the case of a wrong identification of the athlete; and makes the results invalid as an historic record.

(6) 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) Entries either by First or Second Class Post with correct Postage for envelope size, or by e-mail. Payments should be made by BACS transfer or cheque, and must be received before the closing date.

(8) Club Affiliation fees must have been paid.