

## COMPETITION INFORMATION SHEET

Event: East District Cross Country Championships

Venue: Balgownie Playing Fields, Balgownie Road, Bridge of Don, Aberdeen, AB22 8LX

Registration: Balgownie Playing Fields, Balgownie Road, Bridge of Don, Aberdeen, AB22 8LX

Date: Saturday 8th December 2018

| Race           | Age Group | BORN DURING              | Declarations |  | Race Starts | Distance |
|----------------|-----------|--------------------------|--------------|--|-------------|----------|
|                |           |                          | Close        |  |             |          |
| Under 13 Girls | U13       | 01/09/2005 to 31/08/2007 | 1100hrs      |  | 1130hrs     | 3200m    |
| Under 13 Boys  | U13       | 01/09/2005 to 31/08/2007 | 1115hrs      |  | 1145hrs     | 3200m    |
| Under 15 Girls | U15       | 01/09/2003 to 31/08/2005 | 1130hrs      |  | 1200hrs     | 4000m    |
| Under 15 Boys  | U15       | 01/09/2003 to 31/08/2005 | 1150hrs      |  | 1220hrs     | 4000m    |
| Under 17 Women | U17       | 01/09/2001 to 31/08/2003 | 1210hrs      |  | 1240hrs     | 5500m    |
| U20 Women      | U20       | 01/09/1998 to 31/08/2001 |              |  |             | 6500m    |
| Senior Women   | SEN       | BORN BEFORE 01/09/1998   | 1245hrs      |  | 1315hrs     | 8500m    |
| Masters Women  | MAS       | Age on Day 40+           |              |  |             |          |
| Under 17 Men   | U17       | 01/09/2001 to 31/08/2003 | 1325hrs      |  | 1355hrs     | 5500m    |
| U20 Men        | U20       | 01/09/1998 to 31/08/2001 |              |  |             | 6500m    |
| Senior Men     | SEN       | BORN BEFORE 01/09/1998   | 1345hrs      |  | 1415hrs     | 8500m    |
| Masters Men    | MAS       | Age on Day 40+           |              |  |             |          |

Entries Close midnight on: **Thursday 22nd November 2018** **NO LATE ENTRIES**

Please e-mail completed entry forms to: [events@scottishathletics.org.uk](mailto:events@scottishathletics.org.uk)  
 or return by post to: East District XC Champs  
 scottishathletics Ltd, Caledonia House, South Gyle, Edinburgh, EH12 9DQ

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

### Important Notes

- (1) U17 & U20 Women will run together, U17 & U20 Men will run together with all age groups having separate teams.
- (2) All athletes who compete in the championships **MUST** be current members of the scottishathletics Membership Scheme and be eligible to compete in the East District Championships. As per UKA Rule 21
- (3) Location map and final instructions will be available on [www.scottishathletics.org.uk](http://www.scottishathletics.org.uk)
- (4) This event is the principal race for East athlete selection of Inter District Teams for Stirling on 12th January 2019.
- (5) Club Affiliation fees **MUST** have been paid to scottishathletics for season 2018/19. Competitors **MUST** wear their club colours in all events.
- (6) Unless entry forms are fully completed with all details required, entries will be rejected.
- (7) Rules relating to students in Full time education in Scotland are applicable.  
for guidance on these rules please visit the Road Running Commission Website.
- (8) By entering all athletes agree that photographs and/or video footage may be taken and used for PR/Marketing purposes.
- (9) Club entries must ensure that entrants are medically fit to compete, have no medical issues or disability that would endanger themselves or others by taking part (and will not run if unfit to do so on the day).