

# COMPETITION INFORMATION SHEET

Event: scottishathletics National Cross Country Championships

**NATIONAL**

Venue: Callendar Park, Falkirk, FK1 1YR

Registration: Graeme High School, Callendar Rd, Falkirk, FK1 1SY

Date: Saturday 23rd February 2019

| Race           | Age Group | BORN DURING              | Declarations |  | Race Starts | Distance<br>(approx) |
|----------------|-----------|--------------------------|--------------|--|-------------|----------------------|
|                |           |                          | Close        |  |             |                      |
| Under 13 Girls | U13       | 01/09/2005 to 31/08/2007 | 1030hrs      |  | 1100hrs     | 3.1km                |
| Under 13 Boys  | U13       | 01/09/2005 to 31/08/2007 | 1045hrs      |  | 1116hrs     | 3.1km                |
| Under 15 Girls | U15       | 01/09/2003 to 31/08/2005 | 1100hrs      |  | 1132hrs     | 4.1km                |
| Under 15 Boys  | U15       | 01/09/2003 to 31/08/2005 | 1120hrs      |  | 1153hrs     | 4.1km                |
| Under 17 Men   | U17       | 01/09/2001 to 31/08/2003 | 1145hrs      |  | 1215hrs     | 6.0km                |
| Under 17 Women | U17       | 01/09/2001 to 31/08/2003 | 1155hrs      |  | 1225hrs     | 6.0km                |
| Senior Women   | SW        | BORN BEFORE 01/09/1998   | 1230hrs      |  | 1300hrs     | 10km                 |
| U20 Men        | U20       | 01/09/1998 to 31/08/2001 | 1325hrs      |  | 1355hrs     | 7.5km                |
| U20 Women      | U20       | 01/09/1998 to 31/08/2001 | 1330hrs      |  | 1400hrs     | 7.5km                |
| Senior Men     |           | BORN BEFORE 01/09/1998   | 1420hrs      |  | 1450hrs     | 10km                 |

Entries Close MIDNIGHT on:

**Thursday 7th February**

**NO LATE ENTRIES**

Postal Address for Entries:

National XC c/o Events Team,

scottishathletics Ltd, Caledonia House, South Gyle, Edinburgh, EH12 9DQ

email address:

[events@scottishathletics.org.uk](mailto:events@scottishathletics.org.uk)

**Bank Details:**

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

**Important Notes**

(1) These Championships will be recorded and timed by CHIPS attached to athletes shoe laces. All athletes must wear a CHIP and number pinned to their club vest. Under 20 Athletes will wear a RED number on their front only.

(2) These Championships will be timed using a disposable CHIP system, there is no requirement to return used CHIPS at the end of the race.

(3) Clubs entering are asked to provide two marshalls to assist on the course. Names and contact details for the marshals should be emailed no later than Monday 11th February to alex.jackson@ed.ac.uk.

(4) All athletes who compete in the championships MUST be current members of the scottishathletics Membership Scheme and be eligible to compete. As per UKA Rule 21

(5) Location map and final instructions will be available on [www.scottishathletics.org.uk](http://www.scottishathletics.org.uk)

(6) All remittances should be crossed and made payable to scottishathletics.

(7) Competitors MUST wear their club colours in all events.

(8) Unless entry forms are fully completed with all details required, entries will be rejected.

(9) Rules relating to students in Full time education in Scotland are applicable.

(10) By entering all athletes agree that photographs and/or video footage may be taken and used for PR/Marketing purposes.

(11) 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).

lindsays