

AYRSHIRE HARRIER CLUBS

THE AYRSHIRE CROSS-COUNTRY CHAMPIONSHIPS

HOSTED BY KILMARNOCK HARRIERS

AYRSHIRE ATHLETICS ARENA,
Queens Drive, Kilmarnock, KA1 3XF

Saturday 17th November 2018

First Race at 12:00 Noon

Approx. Time	Category	Distance
12:00	u/11 boys	1200m
12:05	u/11 girls	1200m
12:15	u/13 boys	3200m
12:25	u/13 girls	3200m
12:35	u/15 boys	4000m
12:50	u/15 girls	4000m
13:05	u/17 M/F	5500m
13:30	(U20, Sen & Vet) M/F	8500m

Entry Fees

Young Athletes:- £2.00

U20/Sen/Vet:- £5.00**

Declarations at the AAA

from 11:00 till 30 minutes before the race until **12:30 when all declarations close.** NB **This is a CLOSED event.**

Medals

1st 2nd 3rd Individuals in each category, 1st U20, over40, over50, over60 M&F
1st 3 teams in each category 6 counters men 3 all others based on combined times

Management of Event

Member Clubs of AHCA are required to supply **two** course setters and **two** other officials. Course Setters should check in at the start/finish **by 9.00 am.**

****Runners aged 17 or over who are not members of Scottish Athletics must pay a £2 surcharge**

This is a Scottish Athletics permit event conducted under UKA rules.