

# NESAP Cross Country 2019

## Balgownie Playing Fields, Aberdeen

### 17<sup>th</sup> February 2019

### COURSE INFORMATION

- Declarations will be at Balgownie Pavillion
- First race is at 11:30 AM
- Declarations open at 10 AM

Race	Course	Distance	Start
Try a Trail	Start - M-L-K-H-D-G-I-H-K-A- Finish	1,600m	11:30am
Senior Men/Women U15 Boys, U17 Men/Women	Start - A-B-C-D-H-A-B-C-D-H-I-J-K-A- Finish	4,900M	11:45am
U11 Boys	Start - M-L-K-H-D-G-I-H-K-A- Finish	1,600m	12:30pm
U11 Girls	Start - M-L-K-H-D-G-I-H-K-A- Finish	1,600m	12:45pm
U13 Girls & Boys, U15 Girls	Start - A-B-C-D-H-G-I-J-K-A- Finish	3,100m	1:00pm
Senior Men/Women	Start - A-B-C-D-E-F-G-D-H-G-I-J-K-A (x 3) - Finish	9,700m	1:30pm



***Start/Finish straight only run at start and end of each race, not between laps***

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### INFORMATION & PARKING



#### **PARKING**

- Limited parking is available at Balgownie Playing Fields (AB22 8LX) – priority will be given to coaches and officials
- Additional parking is available at Aberdeen Innovation Park (AB22 8GT) from where there is an access path to the playing fields
- Access to all parking off Balgownie Road

#### **TOILETS & FACILITIES**

- Toilets, showering and changing facilities available all day at Balgownie Pavillion
- Food will be available for purchase at the Balgownie Playing Fields Car Park