

Lindsays National Team Cross Country Cumbernauld (Cumbernauld Park) Saturday 24th and Sunday 25th October 2020

Event Format – COVID-19 Restrictions

Due to current Scottish Government restrictions, a number of changes have been implemented for the 2020 edition of the usual National XC Relays event:

- **Two Day Event.** Due to restrictions on the venue's capacity on a single day, Young Athletes' races will take place on Saturday, and U20/Senior/Masters athletes will run on Sunday.
- **No Championship.** Due to restricted entry numbers, no championship medals will be awarded at this event. The team event replaces the National XC Relay Championships for 2020.
- **No Masters-specific Races.** As capacity is restricted, no specific Masters races will be held. Masters athletes can be included within a club's main team.
- **Limit of ONE team per club only.** To ensure as many clubs as possible are given the opportunity to compete, clubs are limited to entering ONE team only per age group (Young Athletes Male and Female and Senior Male and Female – a maximum of four teams per club). If capacity is not reached in a particular age group, clubs will be offered the opportunity to enter a B team based on their 2020 club affiliation returns from largest to smallest clubs.
- **Wave Starts.** Athletes will be seeded into Wave Starts of a maximum of 30 athletes. These waves will be run as a normal race, with cumulative time used to calculate team results. Each wave will create a competition bubble on arrival in the Warm Up Zone, and physical distancing is suspended within the competition bubble until the athletes leave the zone at the conclusion of their race.
- **No spectators.** Athletes under the age of 18 are allowed one chaperone, and no other spectators will be allowed within the park. Clubs may nominate one team manager per age group (Young Athletes M/F and Senior M/F) to attend.
- **Arrive – Declare – Run – Leave.** It is important that all athletes and attendees leave the park as soon as possible following the conclusion of their run.
- **Physical distancing outside the competition area and between race bubbles.** Physical distancing must be maintained by all attendees (except whilst racing), including within any club tents

Entries

Entries should be submitted by clubs via the club portal. No individual entries will be accepted for this event. Clubs may enter a maximum of one team per age group, and as many eligible athletes as they wish. The exact make-up of teams will be determined on the declaration form: clubs should simply register a pool of athletes on the registration form from which their final team will be selected closer to the event date.

Ineligible Athletes:

All athletes who compete in any **scottishathletics** event MUST be current members of the **scottishathletics** membership scheme on the day of the event. You will be unable to enter non-members online, and memberships must be renewed and valid for the race date before an athlete's name can be added to your team list. Team lists are final on the entries closing date and no late entries will be accepted. Athletes must represent their registered first claim club and compete with their own age group for the 2020-21 competition year.

Parking

Parking is available at Cumbernauld Academy, Condorrat Ring Road, Cumbernauld, G67 2UF. There will be NO access to the school building for changing or toilets. The entrance to the park is a 1.5km walk from the school. Athletes can be dropped off/picked up at Meadow View, Cumbernauld. **This is a residential area, please do not park within the residential areas and use Cumbernauld Academy only.**

There is NO PUBLIC PARKING at the course. Officials' and staff parking by permit only near the course (details and permits will be sent out to officials on duty separately). Any car illegally parked will be subject to local Police measures, which may include ticketing or removal.



Facilities

There will be NO food available to purchase at the course, and there will be NO changing facilities available. Toilets will be provided at the Park. **Do not use Cumbernauld Park as a toilet: use the facilities provided.**

Hand sanitising stations will be positioned in and around the event area, and face coverings must be worn where 2m physical distancing cannot be maintained.

At previous year's events there was an unacceptable amount of litter left in Cumbernauld Park. Please put litter in the bins provided or take it home.

Club Tents – club tents are discouraged at this event. However, in inclement weather, club tents may be erected to provide shelter. Gazebos should be left OPEN, with a maximum of one side used against the prevailing wind. Physical Distancing MUST be maintained in and around Club Tents.

Report and Wave Schedule

Clubs will be told in advance which wave(s) their athletes will be competing in. Young athletes will race in the wave appropriate to their age group. This means that members of the same team will have different arrival and racing times to their teammates. Athletes in the senior event will race within the same wave. This means all members can arrive at the same time and warm up together.

Team performances will be based on the **cumulative time** of the three athletes from each club. Where a club more than one team competing, their A team will be the fastest athletes, and the B team the next athletes. Clubs do not need to declare which athletes will be in which team in advance.

SATURDAY 24TH OCTOBER

Wave Info	Arrival Time FROM	Entry to Warm Up FROM	Wave Start	Departure BEFORE
		Competition Bubble		
Wave 1 Leg A (U13G)	0900hrs	0930hrs	1000hrs	1025hrs
Wave 2 Leg B (U13G/U15G)	0920hrs	0950hrs	1020hrs	1045hrs
Wave 3 Leg C (U15G/U17W)	0940hrs	1010hrs	1040hrs	1105hrs
Wave 4 Leg A (U13G)	1000hrs	1030hrs	1100hrs	1125hrs
Wave 5 Leg B (U13G/U15G)	1020hrs	1050hrs	1120hrs	1145hrs
Wave 6 Leg C (U15G/U17W)	1040hrs	1110hrs	1140hrs	1205hrs
Wave 7 Open	1100hrs	1130hrs	1200hrs	1225hrs
BREAK				
Wave 1 Leg A (U13B)	1200hrs	1230hrs	1300hrs	1325hrs
Wave 2 Leg B (U13B/U15B)	1220hrs	1250hrs	1320hrs	1345hrs
Wave 3 Leg C (U15B/U17M)	1240hrs	1310hrs	1340hrs	1405hrs
Wave 4 Leg A (U13B)	1300hrs	1330hrs	1400hrs	1425hrs
Wave 5 Leg B (U13B/U15B)	1320hrs	1350hrs	1420hrs	1445hrs
Wave 6 Leg C (U15B/U17M)	1340hrs	1410hrs	1440hrs	1505hrs

SUNDAY 25TH OCTOBER

Wave Info	Arrival Time FROM	Entry to Warm Up FROM	Wave Start	Departure BEFORE
		Competition Bubble		
Wave 1 Male Sen/U20/40+	0900hrs	0930hrs	1000hrs	1025hrs
Wave 2 Male Sen/U20/40+	0920hrs	0950hrs	1020hrs	1045hrs
Wave 3 Male Sen/U20/40+	0940hrs	1010hrs	1040hrs	1105hrs
Wave 4 Male Sen/U20/40+	1000hrs	1030hrs	1100hrs	1125hrs
Wave 5 Male Sen/U20/40+	1020hrs	1050hrs	1120hrs	1145hrs
Wave 6 Male Sen/U20/40+	1040hrs	1110hrs	1140hrs	1205hrs
Wave 7 Male Sen/U20/40+	1100hrs	1130hrs	1200hrs	1225hrs
BREAK				
Wave 1 Female Sen/U20/40+	1200hrs	1230hrs	1300hrs	1325hrs
Wave 2 Female Sen/U20/40+	1220hrs	1250hrs	1320hrs	1345hrs
Wave 3 Female Sen/U20/40+	1240hrs	1310hrs	1340hrs	1405hrs
Wave 4 Female Sen/U20/40+	1300hrs	1330hrs	1400hrs	1425hrs
Wave 5 Female Sen/U20/40+	1320hrs	1350hrs	1420hrs	1445hrs
Wave 6 Female Sen/U20/40+	1340hrs	1410hrs	1440hrs	1505hrs
Wave 7 Female Sen/U20/40+	1400hrs	1430hrs	1500hrs	1525hrs

Declarations

Declarations will take place at the Start/Finish area of the course in Cumbernauld Park, NOT the School

Online Declarations

Online declarations are preferred. All teams will be sent log in details for online team declarations. These can be completed up to 30 minutes prior to the start of your first runner's race. Incomplete teams can also be declared this way. On arrival on the day, proceed straight to team pack collection for collect your team's numbers and chips if you have declared online.

Paper Declarations

If not declaring online, Team Managers should collect declaration sheets on the day and fill them in as instructed on the form. A list of athletes entered will be attached. Upon completing the declaration form, return it to declarations where you will then be issued with your relay team packs: one pack per relay team. Each pack will contain:

- Race number (1 per leg of the relay team)
- Timing chip (1 per leg of the relay team)

Any timing chips not used MUST be returned to declarations.

Teams will be subject to disqualification if team members are subsequently found NOT to have run as declared. No runner is permitted to run more than one leg. Furthermore, an entered athlete MUST not be substituted by a non-entered athlete at any time. Non observance of the above leaves the athlete at a health risk in the case of a wrong identification of an athlete and will lead to the disqualification of that club and the possibility of entries being refused for future events.

Chip Timing

This event will be chip-timed. The chips will be within the relay team packs. Chips are disposable and do not need to be returned after use. There will be no manual backup or funnels, NO CHIP, NO TIME for your team.

Volunteering Opportunities

Due to the COVID-19 restrictions in place, it is anticipated that additional volunteers will be required to marshal and officiate at this event. Those interested in volunteering should email events@scottishathletics.org.uk indicating their availability. Please specify preferred day, and whether you are available All Day, AM or PM session. All volunteers will be working under the supervision of a qualified UK Athletics Technical Official.

Lindsays National Short Course Championships – Qualifying

This event will also enable athletes (U15+) to qualify to enter the National Short Course Championships on the weekend of 7th and 8th November.

U15 Girls / U15 Boys / U17 Men / U17 Women

30 fastest Laps from each age group will be given the opportunity to enter the Short Course Championships
 20 fastest times from the VIRTUAL Road Races event held from 22nd-27th October who have not already qualified will also be given the opportunity to enter the Short Course Championships.
 40 additional spaces will be made available on a first come first served basis.

U20 Men / U20 Women / Senior Men / Senior Women / Masters Men / Masters Women

100 fastest laps will be given the opportunity to enter the Short Course Championships
 40 fastest times from the VIRTUAL Road Races event held from 22nd-27th October who have not already qualified will also be given the opportunity to enter the Short Course Championships
 15 fastest V50 and 15 fastest V60 athletes' times from the VIRTUAL Road Races event held from 22nd-27th October also receive the opportunity to enter the Short Course Championships
 80 additional spaces will be made available on a first come first served basis.

Short Course Entry Schedule

26th-27th October – Entry open to Cumbernauld Qualifiers

28-29th October – Entry open to Virtual Qualifiers

30th-2nd November – Entry open to all on a first come first served basis, then a waiting list will be in operation.