

2021 Lindsays scottishathletics National XC Relay Championships
Saturday 23rd October 2021
Scone Palace, Perth, PH2 6BD

5 Steps to Competing

1. Pre-event – check the start list for your team’s race time and athletes’ arrival time(s).
2. Declare – closes 30 minutes before each race. Don't be late! Team Managers should declare on behalf of their team. You can declare in advance, but you will still need to collect your team’s bibs and chips on the day.
3. Warm up – athletes should be careful to avoid competing runners whilst warming up
4. Report to Start – first leg runners should assemble 5-10 minutes before their race is due to start and be ready to race (no additional kit, water bottles, etc.)
5. Compete!



COVID-19 Information

Due to the ongoing COVID-19 pandemic there are a number of changes to procedures and protocols for all attendees at these events. These changes are for everyone’s safety, and all attendees must take responsibility for their own hygiene and safe conduct before, during and after the event. **scottishathletics’** COVID-19 protocols will be in place for this event, including the wearing of appropriate face coverings, hand sanitiser stations and physical distancing. For further details please [click here](#).

Although physical distancing is no longer required within a COVID-secure environment, **scottishathletics** recommends that all athletes and spectators should remain 1m apart when possible. If visiting the Palace, face coverings must be worn whilst indoors, including in the café and toilets.