

Lindsays scottishathletics
East District Cross Country Relay Championships
Mossilee Farm, Galashiels
SATURDAY 9th October 2021

PARKING/TRAVELLING TO EVENT

There will be a limited number of parking spaces at Gala Academy TD1 3HU. (Please note there will be no access to the school building). Parking is also available within the town centre and on Currie Road next to Asda. There is paid parking behind Iceland TD1 3HU. Hourly trains run to Galashiels Railway Station on a Saturday.

CLUB TENTS/GAZEBOS

Parking at Balmoral Primary School, Balmoral Avenue, Galashiels, TD1 1JJ. A Club Tent Club Car Parking pass to be sent to clubs who confirm they are bringing cub tent. Please refer to SAL Club Tent Guidance on event website.

DECLARATIONS

Declarations will be in overhanging outside patio area at rear of swimming pool. Please note that it is a 10 – 15 min walk to course from declaration area. Please do not park in the Swimming Pool Car Park or use the Swimming Pool toilets.

TOILETS

There will be mobile toilets at the course. Athletes and spectators are kindly requested to respect the environment and use the toilets provided. Please do not use the facilities at the swimming pool.

CHANGING/SHOWERS

No changing/showering facilities. Please come ready to run.

COURSES

Hilly courses suitable for spikes.

FIRST AID

Will be located near the Start/Finish

LITTER is not permitted

Please take your litter home with you and recycle it.

REFRESHMENTS

No food outlets will be available at the course on the day.



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RACE TIMES

Young Females	1200 – 3 x 2500m
Young Males	1240 – 3 x 2500m
Sen/Jun/Masters Women	1320 – 3 x 4000m
Sen/Jun/Masters Men	1420 – 4 x 4000m

YOUNG ATHLETES TEAMS

1st Lap U13
2nd Lap U15 OR U13
3rd Lap U17 OR U15

SENIOR/JUNIOR/MASTERS WOMENS TEAMS

3 Laps

SENIOR/JUNIOR/MASTERS MENS TEAMS

4 Laps **The 3rd lap runners wear a RED number**

MASTERS TEAMS

Men and Women Masters are AGED 40 on the day of the race and need to

(1) Clearly mark on the declaration form on the day which teams are Masters.

(2) Masters Teams should also wear a “V” on the BACK and FRONT to identify a Master’s team. Masters who are not in a Masters Team should not wear a “V”

The “V” will be available at declarations.

There are medals for 1st three Masters teams for Men and Women.

PLEASE SUPPLY YOUR OWN SAFETY PINS.

PRESENTATIONS

All medal presentations including the Senior Men will take place at the finish immediately after each race. This includes the Master's team medals.

RESULTS

Will be posted on Scottish Athletics website the day after the event.

INELIGIBLE ATHLETES

Athletes can only run once, any team with an athlete running a 2nd time will have the whole team removed from the results.

An entered athlete **MUST** not be substituted by a non-entered athlete at any time.

Non observance of the above leaves the whole field and the officials uninsured in the event of an accident, leaves the athlete at a health risk in the case of a wrong identification of the athlete, and makes the results invalid as an historic record.

THANKS

The District would like to thank Gala Harriers for hosting the District Relays.

Sandra Hardacre

East District Cross Country Secretary

