

**2021 Lindsays scottishathletics National Short Course XC Championships**  
**Saturday 6<sup>th</sup> November 2021**  
**Lanark Racecourse (Lanark Rugby Club), Lanark, ML11 9WN**

**Information for Clubs and Team Managers**

We look forward to seeing you at the National Short Course XC Championships and wish you and your teams an enjoyable and rewarding competition. This document contains information on what to expect whilst attending the event.

All relevant information, including entries lists and course information, can be downloaded from the Fixture Page on the **scottishathletics** website here:

<https://scottishathletics.sportsserve.net/pages/event/athletics/athleticsbookingdetails.aspx?id=11574>

**5 Steps to Competing**

1. **Pre-event – check the start list for your race time and arrival time(s).**
2. **Declare – closes 30 minutes before each race. Don't be late! Team Managers should declare on behalf of their club. Athletes declaring individually will be given all packs for their club/age group.**
3. **Warm up – athletes should be careful to avoid competing runners whilst warming up**
4. **Report to Start – 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. Runners should be particularly careful not to sit/lie down or openly spit, blow their nose, etc. in start/finish areas, which will become very busy throughout the day and will be used for multiple races.

For further details, please [click here](#).

**Attending the Event**

**Admission and Parking**

The venue will be open to athletes, coaches and spectators from 0930hrs via the entrance from the car park. In the event of a Test & Protect request from NHS Scotland following this event, athletes' details will be shared. Attending athletes are responsible for recording any accompanying spectators and coaches/team managers.

Officials parking and tent drop-off **only** will be permitted in the car park beside the Astro Turf pitches. All other vehicles must park on the blaze area on the **left** as you enter the former racecourse estate. Further overflow parking is available at Lawrie & Symington off Hyndford Road opposite the course. Please park responsibly.

Traffic through Lanark town centre is expected to be very congested. To avoid the congestion, athletes travelling from the West should travel through Carluke via A721, to Carstairs via A70, turning off to join Ayr Road (just before Ravenstruther) and following Ayr Road until the junction with Hyndford Road.

## Declarations

Declarations Opening Hours: from 1000hrs

Event Closing Times: **30mins prior to Race Start Time**

Numbers are issued within team packs at declarations. Team managers should declare on behalf of teams from their club. Any athlete declaring individually will be given all race packs for their club/age group and will be responsible for their distribution to their teammates. Numbers must not be folded, mutilated or concealed in any way.

- Under 20 Athletes will be given **two** sets of numbers, to be worn front and back
- Masters Athletes will be given a standard bib number for their front and should pick up an age banding (40, 50 or 60) for their front and back from declarations.

Runner packs will contain a disposable chip, to be attached to the athlete's shoe during the race. If any athlete crosses the finish without a chip, they will not receive a time.

## Event Help Line

Any athletes who may be running late to declare must contact mobile no. **07718 526 373** to notify us of your anticipated arrival time. If unanswered, a message should be left detailing name, issue and return contact telephone number.

## Warm Up

There will be no designated warm up area for this event, but all athletes are asked to be mindful of other runners whilst warming up. Athletes should use the designated crossing points to access/exit busy areas of the course, and must take care when warming up close to the course.

## Start Assembly

Athletes must report to the start 5-10 minutes prior to their event ready to race. Vests, competitor numbers and spikes may be checked at the start. Athletes must compete in the colours of the club under which they entered and in the same design as those of their teammates.

## Finish Area

In line with current COVID-19 guidance, athletes and spectators are asked not to gather in large crowds around the finish line. Athletes, after completing their run, must not sit/lie down in this area, and should move through as quickly as possible to return to spectator areas. Anyone requiring medical attention within this area will be attended to.

## Presentations

Individual presentations will be conducted as soon as possible following the conclusion of each race, and will be held on the podium by the presentations gazebo. Individual medallists should report directly to presentations immediately following the conclusion of their race.

Team presentations will be conducted as soon as results are known. In the U15, U17 events, the first three athletes from a club score. In Senior events, the first four athletes score. There are no team medals for U20s at this event, but U20 athletes can contribute to a Senior team.

## Facilities

Changing: There will be no changing facilities available at this event. Please arrive ready to run.

Toilets: There will be toilets beside the pavilion.

Catering: A catering van will be onsite.

Please remember to dispose of all litter correctly.

## **Rules**

These Championships will be held under UKA Rules for Competition Incorporating IAAF Rules effective from 1<sup>st</sup> April 2020. A copy is available for download from the British Athletics website [Competition Rules](#).

All athletes should be aware that no false start will be allowed without the liability of disqualification of any false starting athlete. U13/U15 athletes may receive a warning for one false start and disqualification for two.

Unsporting or Improper Behaviour: spitting (or similar) in any area may be treated as a conduct offence and can be dealt with by a warning or disqualification. Officials will remind athletes of this rule prior to each race. Any instances of athletes spitting within busy areas of the event site will be reported to the Referee who will issue the appropriate sanction, which may result in disqualification.

All athletes must make themselves familiar with the recently amended World and UK Athletics rules around shoes available [here](#). It is the athlete's responsibility to ensure compliance with these rules. Visual checks will be made at the event, with any suspect shoes reported to the Referee for investigation

## **Assistance in Competition**

Any athlete requiring assistance during competition should complete and return an assistance request form **by 4pm on Wednesday 3<sup>rd</sup> November**. If you require a form, please contact [events@scottishathletics.org.uk](mailto:events@scottishathletics.org.uk)