

COMPETITION INFORMATION SHEET

Event: West District Cross Country Championships

WDXC

Venue: Balloch Castle Country Park, Loch Lomond, G83 8LX

Registration: Balloch Castle Country Park, Loch Lomond, G83 8LX

Date: Saturday 4th December 2021

Race	Age Group	BORN DURING	Declarations		Race Starts	Distance
			Close			
Under 13 Girls	U13	01/09/2008 to 31/08/2010	1100hrs		1130hrs	3200m
Under 13 Boys	U13	01/09/2008 to 31/08/2010	1115hrs		1145hrs	3200m
Under 15 Girls	U15	01/09/2006 to 31/08/2008	1130hrs		1200hrs	4000m
Under 15 Boys	U15	01/09/2006 to 31/08/2008	1150hrs		1220hrs	4000m
Under 17 Women	U17	01/09/2004 to 31/08/2006	1210hrs		1240hrs	5500m
U20 Women	U20	01/09/2001 to 31/08/2004				6500m
Senior Women	SEN	BORN ON/BEFORE 31/08/2001	1230hrs		1315hrs	8500m
Masters Women	MAS	Age on Day 40+				
Under 17 Men	U17	01/09/2004 to 31/08/2006	1325hrs		1355hrs	5500m
U20 Men	U20	01/09/2001 to 31/08/2004				6500m
Senior Men	SEN	BORN ON/BEFORE 31/08/2001	1330hrs		1415hrs	8500m
Masters Men	MAS	Age on Day 40+				
Non Binary	NB					
Entries Close midnight on:		Thursday 18th November 2021	<u>NO LATE ENTRIES</u>			

Email address: events@scottishathletics.org.uk

Bank Details: RBS, Sort Code: 83-19-04 Acc No 00667222

Important Notes

- (1) U17 & U20 Women will run together, U17 & U20 Men will run together with all age groups having separate teams.
- (2) All athletes who compete in the championships MUST be current members of the scottishathletics Membership Scheme and be eligible to compete in the West District Championships. As per UKA Rule G2(21)
- (3) Location map and final instructions will be available on www.scottishathletics.org.uk
- (4) This event is the principal race for West athlete selection of Inter District Teams for Irvine on 15th January 2022.
- (5) Club Affiliation fees MUST have been paid to scottishathletics for season 2021/22. Competitors MUST wear their club colours in all events.
- (6) Rules relating to students in Full time education in Scotland are applicable.
for guidance on these rules please visit the Road Running Commission Website.
- (7) By entering all athletes agree that photographs and/or video footage may be taken and used for PR/Marketing purposes.
- (8) Club entries must ensure that entrants are medically fit to compete, have no medical issues or disability that would endanger themselves or others by taking part (and will not run if unfit to do so on the day).
- (9) Any athlete with Additional Support Needs should contact scottishathletics for an athlete assistance form.