

COMPETITION INFORMATION SHEET

Event: West District Cross Country Relay Championships **WEST XCR**
 (Incorporating Masters Championships)
 Venue: Kings Park, Carmunock Road, Glasgow, G44 5HL
 Registration: Kings Park Secondary School, Fetlar Drive, Glasgow, G44 5BL
 Date: Saturday 8th October 2022

Race	Age Group	BORN DURING	Declarations Close	Race Starts	Laps (Approx)
YOUNG FEMALES	U13	01/09/2009 to 31/08/2011			
	U15	01/09/2007 to 31/08/2009	1015hrs	1100hrs	3x2800m
	U17	01/09/2005 to 31/08/2007			
YOUNG MALES	U13	01/09/2009 to 31/08/2011			
	U15	01/09/2007 to 31/08/2009	1100hrs	1145hrs	3x2800m
	U17	01/09/2005 to 31/08/2007			
SENIOR/JUNIOR + MASTERS WOMEN		BORN BEFORE 01/09/2005 Masters Age on Day	1215hrs	1300hrs	3x4000m
SENIOR/JUNIOR + MASTERS MEN inc Binary Race		BORN BEFORE 01/09/2005 Masters Age on Day	1330hrs	1415hrs	4x4000m

Entries close: **Thur 22nd September 2022 @ 5pm** **NO LATE ENTRIES**
 All entries must be submitted through the club portal

YOUNG ATHLETES RACES

1st LAP Under 13 2nd LAP Under 15 OR Under 13 3rd LAP Under 17 OR Under 15

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

Important Notes

- (1) District relays incorporate Masters Championships. There will be a set of Masters gold, silver and bronze medals for both Men and Women. Masters Age Group: from 40 for both Men and Women on race day.
- (2) All entered athletes must be members of scottishathletics at the time of the closing date and be in date on race day. Athletes without valid membership numbers cannot be entered.
- (3) Athletes without a valid membership or out of date membership cannot be added after the closing date.
- (4) All competitors MUST compete in the declared order, and an entered athlete MUST NOT be substituted by a non-entered athlete at any time.
- (5) Club colours MUST be worn
- (6) Students in Full-time Education in Scotland
Students in full-time education in Scotland may compete as 1st claim for both their educational establishment and another Scottish club, but not in the same competition. This is provided that the educational establishment club is confined to students of that establishment. Thus, a student may be entered for two clubs but has to choose one at declaration.
- (7) Further information, including Location Map and Course Map, will be available on the Scottish Athletics website.
- (8) Club's may only enter as many eligible athletes in their squad as they choose, teams will then be selected from these lists on the day.
- (9) 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).
By entering all athletes agree that Photographs and/or video footage may be taken and used for PR/Marketing purposes.
- (10) Any athlete with Additional Support Needs should contact scottishathletics for an athlete assistance form.