

COMPETITION INFORMATION SHEET

Event: East District Cross Country Relay Championships
(Incorporating Masters Championships)

Parking Venue: Mossilee Farm, Gala, TD1 1TE

Declarations: At the rear of the Swimming Pool (15min Walk to course)

Date: Saturday 1st October 2022

EAST XCR

Race	Age Group	BORN DURING	Declarations		Race Starts	Laps
			Close			
YOUNG FEMALES	U13	01/09/2009 to 31/08/2011			1200hrs	3x2500m
	U15	01/09/2007 to 31/08/2009	1130hrs			
	U17	01/09/2005 to 31/08/2007				
YOUNG MALES	U13	01/09/2009 to 31/08/2011			1240hrs	3x2500m
	U15	01/09/2007 to 31/08/2009	1210hrs			
	U17	01/09/2005 to 31/08/2007				
SENIOR/JUNIOR + MASTERS WOMEN		BORN BEFORE 01/09/2005 Masters Age on Day	1250hrs		1320hrs	3x4000m
SENIOR/JUNIOR + MASTERS MEN <small>inc Non Binary Race</small>		BORN BEFORE 01/09/2005 Masters Age on Day	1350hrs		1420hrs	4x4000m

Entires Close: **Thur 15th 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.

(3) Athletes who have an out of date membership cannot be added after the closing date.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.