

Lindsays National Short Course Cross Country Championships 2022
Kirkcaldy High School, Dunnikier Way, Kirkcaldy, KY1 3LR
Saturday 5th November 2022

PARKING

Officials Parking only will be permitted within the school premises.
All other vehicles must park at the NHS Car Park off Whyteman's Brae.
Please park responsibly.
Coaches may drop off at the School Grounds, but must then park within the Crematorium Car Park indicated on the course map.

TENTS/GAZEBOS

Vehicles with Tents and Gazebo's will be allowed to park in the car park beside the football pitches.
Clubs who wish to park there can apply for a Car Park Permit for a Tent by emailing events@scottishathletics.org.uk, before 12noon on Thursday 3rd November.
Permits are strictly 1 per club and are only for cars with Tents or Gazebo's cars must be parked before 1100hrs.
NO coaches should park or drop off in this car park.

DECLARATIONS

Declarations will take place within Gazebo's on the grass by the fence line.
Open from 09:30 where you will pick up your number with chip. Chips will be attached to the back of the race number.
Under 20 athletes will be given a number for their front and an Age Banding (20) for their back.
Masters Athletes will be given a number for their front and an Age Banding (20, 40, 50, 60 etc) for their FRONT and BACK.

CHIPS

Results are by chip timing. If an athlete doesn't have a chip on their bib they won't be in the results. **NO CHIP. NO RESULT.**
CHIPS will be attached to the race number, therefore there is no requirement to return this at the end of the race.

There is a separate envelope for each athlete containing race number with chip, safety pins numbers should be securely fastened to the front of the vest.

Team Managers should collect only the envelopes for athletes who are competing and return and unused numbers to declarations.

FACILITIES

Changing: There will be **NO** Changing or Shower facilities available within Kirkcaldy High School. Please come ready to run.

Toilets: There are toilet facilities available in the car park near the Astro pitch.

Catering: Available from a catering van near the Astro pitch.
Please remember to dispose of all litter correctly.

PRESENTATIONS

Individual presentations will take place immediately after each race at the course.
Team presentations will take place on the course as they are available.
In all 6 races teams are 3 to score with the exception of the Senior/Junior Men and Women which is 4 to score.