

Lindsays scottishathletics East District Cross Country Championships

Saturday 3rd December 2022

University of Stirling, Stirling FK9 4LA

Parking: There is parking on the road leading up to the course (see map). Also parking available near the declaration area with a pedestrian route to race course. Buses can drop off at “no athlete parking beyond this point” (detailed on map) and then make their way to a designated parking area.

Declarations: Declarations will take place within Campus Central – next to the Co-op food store (see map). Only Team Managers should access this area to collect Club numbers.

Club tents: There is an area for club tents near the start/finish area. Tent drop off and parking is at Officials Car Park (see map). Parking for club tents is by permit only and must be displayed in the vehicle.

Toilets: There will be portable toilets available on site.

The course: The course is suitable for spikes and will be well marked and marshalled.

Refreshments: There will be a Catering Vehicle selling food next to the Golf Pavilion which is located next to the officials parking area.

TIMETABLE

Declarations open at 9.45 a.m

Race	Distance	Declarations	Start
U13 Girls	3km	1100hrs	1130hrs
U13 Boys	3km	1115hrs	1145hrs
U15 Girls	4.2km	1130hrs	1200hrs
U15 Boys	4.2km	1150hrs	1220hrs
U17 Men	5.8km	1210hrs	1240hrs
U17 Women	5.8km	1215hrs	1245hrs
U20 Men	6.9km	1235hrs	1305hrs
U20 Women	6.9km	1240hrs	1310hrs
Senior / Master Women	8.7km	1305hrs	1335hrs
Senior / Master Men	8.7km	1350hrs	1420hrs

INDIVIDUAL PRESENTATIONS

All individual awards will be made after each race near the finish area.

TEAM MEDALS

There are team medals for 1st 3 teams in all age groups, apart from Masters O40 Men and Women where only the 1st team will receive medals. Team Medals will be presented as soon as possible after each race near the finish area.

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HOST CLUB

Our thanks to Central AC for hosting the East District XC Championships.

Sandra Hardacre
East District Secretary
CC and RR Commission