

COMPETITION INFORMATION SHEET

Event: North District Cross Country Championships

NDXCC

Venue: Gordonstoun School, Elgin, IV30 5RF

Registration: Gordonstoun School, Elgin, IV30 5RF

Date: Saturday 3rd December 2022

Race	Age Group	BORN DURING	Declarations		Race Starts	Distance (Approx)
			Close			
Under 13 Girls	U13	01/09/2009 to 31/08/2011	1130hrs		1200hrs	3km
Under 13 Boys	U13	01/09/2009 to 31/08/2011	1145hrs		1215hrs	3km
Under 15 Boys	U15	01/09/2007 to 31/08/2009	1200hrs		1230hrs	4km
Under 15 Girls	U15	01/09/2007 to 31/08/2009	1220hrs		1250hrs	4km
Under 17 Women	U17	01/09/2005 to 31/08/2007				5.5km
U20 Women	U20	01/09/2002 to 31/08/2005				6.5km
Senior Women	SEN	BORN ON/BEFORE 31/08/2002	1255hrs		1325hrs	8km
Masters Women	MAS	Age on Day 40+				
Under 17 Men	U17	01/09/2005 to 31/08/2007	1345hrs		1415hrs	5.5km
U20 Men	U20	01/09/2002 to 31/08/2005				6.5km
Senior Men	SEN	BORN ON/BEFORE 31/08/2002	1405hrs		1435hrs	8km
Masters Men	MAS	Age on Day 40+				
Non Binary	NB					

Entries Close: **5pm Thursday 17th November 2022**

NO LATE ENTRIES

Email Address: events@scottishathletics.org.uk

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

Important Notes

(1) U15 Girls & U17 Women will run together with all age groups having separate teams and individual medals

(2) U20 & Senior & Masters Women will run together with all age groups having separate teams and individual medals.

(3) U20 & Senior & Masters Men will run together with all age groups having separate teams and individual medals.

(4) All athletes who compete in the championships **MUST** be current members of the scottishathletics Membership Scheme and be eligible to compete in the North District Championships. As per UKA Rule G2 (21)

(5) Location map and final instructions will be available on www.scottishathletics.org.uk

(6) This event is the principal race for North athlete selection of Inter District Teams for Scone on 14th January 2023.

(7) Club Affiliation fees **MUST** have been paid to scottishathletics for season 2022/23. Competitors **MUST** wear their club colours in all events.

(8) Rules relating to students in Full time education in Scotland are applicable.

for guidance on these rules please visit the Road Running Commission Website.

(9) By entering all athletes agree that photographs and/or video footage may be taken and used for PR/Marketing purposes.

(10) 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).

(11) Any athlete with Additional Support Needs should contact scottishathletics for an athlete assistance form.