

# COMPETITION INFORMATION SHEET

Event: West District Cross Country Championships

**WDXC**

Venue: Ayrshire Athletics Arena, Queens Drive, Kilmarnock, KA1 3XF

Registration: Ayrshire Athletics Arena, Queens Drive, Kilmarnock, KA1 3XF

Date: Saturday 3rd December 2022

Race	Age Group	BORN DURING	Declarations		Race Starts	Distance
			Close			
Under 13 Girls	U13	01/09/2009 to 31/08/2011	1100hrs		1130hrs	3200m
Under 13 Boys	U13	01/09/2009 to 31/08/2011	1115hrs		1145hrs	3200m
Under 15 Girls	U15	01/09/2007 to 31/08/2009	1130hrs		1200hrs	4000m
Under 15 Boys	U15	01/09/2007 to 31/08/2009	1150hrs		1220hrs	4000m
Under 17 Women	U17	01/09/2005 to 31/08/2007	1210hrs		1240hrs	5500m
U20 Women	U20	01/09/2002 to 31/08/2005				6500m
Senior Women	SEN	BORN ON/BEFORE 31/08/2002	1245hrs		1315hrs	8500m
Masters Women	MAS	Age on Day 40+				
Under 17 Men	U17	01/09/2005 to 31/08/2007	1325hrs		1355hrs	5500m
U20 Men	U20	01/09/2002 to 31/08/2005				6500m
Senior Men	SEN	BORN ON/BEFORE 31/08/2002	1330hrs		1415hrs	8500m
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](mailto:events@scottishathletics.org.uk)

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

### **Important Notes**

- (1) U17 & U20 Women will run together, U17 & U20 Men will run together with all age groups having separate teams.
- (2) All athletes who compete in the championships **MUST** be current members of the scottishathletics Membership Scheme and be eligible to compete in the West District Championships. As per UKA Rule G2
- (3) Location map and final instructions will be available on [www.scottishathletics.org.uk](http://www.scottishathletics.org.uk)
- (4) This event is the principal race for West athlete selection of Inter District Teams for Scone on 14th January 2023.
- (5) Club Affiliation fees **MUST** have been paid to scottishathletics for season 2022/23. Competitors **MUST** wear their club colours in all events.
- (6) Rules relating to students in Full time education in Scotland are applicable.  
for guidance on these rules please visit the Road Running Commission Website.
- (7) By entering all athletes agree that photographs and/or video footage may be taken and used for PR/Marketing purposes.
- (8) 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).
- (9) Any athlete with Additional Support Needs should contact scottishathletics for an athlete assistance form.