

COMPETITION INFORMATION SHEET

Event: Lindsays **scottishathletics** Short Course Cross Country Championships
(Incorporating Masters Championships)
Venue: Lanark Racecourse, Hyndford Road, Lanark, ML11 9GA
Registration: Lanark Racecourse, Hyndford Road, Lanark, ML11 9GA
Date: Saturday 4th November 2023

Race	Age Group	BORN DURING	Declarations Close	Race Starts	Distance (Approx)
Under 15 Girls	U15	01/09/2008 to 31/08/2010	1130hrs	1200hrs	2000m
Under 15 Boys	U15	01/09/2008 to 31/08/2010	1150hrs	1220hrs	2000m
Under 17 Women	U17	01/09/2006 to 31/08/2008	1210hrs	1240hrs	3000m
Under 17 Men	U17	01/09/2006 to 31/08/2008	1235hrs	1305hrs	3000m
Senior Women		BORN BEFORE 31/08/2003			
Master Women W40/W50/W60+		Age On Day	1300hrs	1330hrs	4000m
U20 Women		01/09/2003 to 31/08/2006			
Senior Men		BORN BEFORE 31/08/2003			
Master Men M40/M50/M60+		Age on Day	1330hrs	1400hrs	4000m
U20 Men		01/09/2003 to 31/08/2006			
inc Non Binary Athletes					

Entries Close **5pm Thursday 19th October 2023**

NO LATE ENTRIES

Email Enquiries: events@scottishathletics.org.uk

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

Important Notes

(1) Location map and additional information will be shown on the scottishathletics website - www.scottishathletics.org.uk

(2) Team scoring for Senior Races is 4 for Men and 4 for Women. Young athlete races 3 for all races.

(3) U20 and Masters athletes are eligible for individual and team medals in the Senior race as well as individual medals in their age category. Masters medals available in all 10year age bands

(4) All entered athletes must be members of scottishathletics at the time of the closing date and be in date on race day. Athletes with an out of date membership cannot be added after the closing date.

(5) An entered athlete **MUST** not be substituted by a non-entered athlete at any time.

Non observance of the above leaves the whole field and the officials uninsured in the event of an accident; leaves the athlete at a health risk in the case of a wrong identification of the athlete; and makes the results invalid as an historic record.

(6) 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) 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.