

## scottishathletics East District XC Championships 2018

Balgownie Playing Fields, Aberdeen, AB22 8LX

**Saturday, 2<sup>nd</sup> December 2023**

### **PARKING**

Vehicles with Club tents can gain access to the on site parking at the pavilion at Balgownie which has been prioritised for officials and team buses. Additional parking available at Aberdeen Innovation Park (AB22 8GT) – playing fields accessible from dedicated path.

### **DECLARATIONS / CHANGING**

Declarations and changing will be in Balgownie Pavilion

### **REFRESHMENTS**

A catering vehicle will be parked close to the pavilion.

### **CLUB TENTS**

There is an area for club tents near the start/finish area.

### **TIMETABLE**

Declarations open at 9.45 a.m

<b>Race</b>	<b>Distance</b>	<b>Declarations</b>	<b>Start</b>
U13 Girls	3.1km	1100hrs	1130hrs
U13 Boys	3.1km	1115hrs	1145hrs
U15 Girls	4.0km	1130hrs	1200hrs
U15 Boys	4.0km	1150hrs	1220hrs
U17 Men	5.5km	1210hrs	1240hrs
U17 Women	5.5km	1215hrs	1245hrs
U20 Men	6.3km	1235hrs	1305hrs
U20 Women	6.3km	1240hrs	1310hrs
Sen & Masters Women	8.6km	1305hrs	1335hrs
Sen & Masters Men	8.6km	1350hrs	1420hrs

Under 17 Women and Under 20 Women will wear **RED** Numbers.

### **INDIVIDUAL PRESENTATIONS**

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

### **TEAM MEDALS**

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

Sandra Hardacre

East District Secretary, CC and RR Commission