

COMPETITION INFORMATION SHEET

Event: North District Cross Country Championships

NDXCC

Venue: Gordonstoun School, Elgin, IV30 5RF

Registration: Gordonstoun School, Elgin, IV30 5RF

Date: Saturday 2nd December 2023

Race	Age Group	BORN DURING	Declarations Close	Race Starts	Distance (Approx)
Under 13 Girls	U13	01/09/2010 to 31/08/2012	1130hrs	1200hrs	3km
Under 13 Boys	U13	01/09/2010 to 31/08/2012	1145hrs	1215hrs	3km
Under 15 Boys	U15	01/09/2008 to 31/08/2010	1200hrs	1230hrs	4km
Under 15 Girls	U15	01/09/2008 to 31/08/2010	1220hrs	1250hrs	4km
Under 17 Women	U17	01/09/2006 to 31/08/2008			5.5km
U20 Women	U20	01/09/2003 to 31/08/2006			6.5km
Senior Women	SEN	BORN ON/BEFORE 31/08/2003	1255hrs	1325hrs	8km
Masters Women	MAS	Age on Day 40+			
Under 17 Men	U17	01/09/2006 to 31/08/2008	1345hrs	1415hrs	5.5km
U20 Men	U20	01/09/2003 to 31/08/2006			6.5km
Senior Men	SEN	BORN ON/BEFORE 31/08/2003	1405hrs	1435hrs	
Masters Men	MAS	Age on Day 40+			8km
Non Binary	NB				

Entries Close: **5pm Thursday 16th November 2023**

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 Renfrew on 13th January 2024.
- (7) Club Affiliation fees **MUST** have been paid to scottishathletics for season 2023/24. 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.