

COMPETITION INFORMATION SHEET

Event: West District Cross Country Championships

WDXC

Venue: Kirkland Playing Fields, Kirkland Park Avenue, Strathaven, ML10 6DY

Registration: Kirklandpark Primary, Kirkland Park, Avenue, Strathaven, ML10 6DY

Date: Saturday 2nd December 2023

Race	Age Group	BORN DURING	Declarations		Race Starts	Distance
			Close			
Under 13 Girls	U13	01/09/2010 to 31/08/2012	1100hrs		1130hrs	3200m
Under 13 Boys	U13	01/09/2010 to 31/08/2012	1115hrs		1145hrs	3200m
Under 15 Girls	U15	01/09/2008 to 31/08/2010	1130hrs		1200hrs	4110m
Under 15 Boys	U15	01/09/2008 to 31/08/2010	1150hrs		1220hrs	4110m
Under 17 Men	U17	01/09/2006 to 31/08/2008	1210hrs		1240hrs	5460m
Under 17 Women	U17	01/09/2006 to 31/08/2008	1215hrs		1245hrs	5460m
U20 Men	U20	01/09/2003 to 31/08/2006	1240hrs		1310hrs	6370m
U20 Women	U20	01/09/2003 to 31/08/2006	1245hrs		1315hrs	6370m
Senior Women	SEN	BORN ON/BEFORE 31/08/2003	1310hrs		1340hrs	7530m
Masters Women	MAS	Age on Day 40+				
Senior Men	SEN	BORN ON/BEFORE 31/08/2003				
Masters Men	MAS	Age on Day 40+	1400hrs		1430hrs	7530m
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) 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
- (2) Location map and final instructions will be available on www.scottishathletics.org.uk
- (3) This event is the principal race for West athlete selection of Inter District Teams for Renfrew on 13th January 2024
- (4) Club Affiliation fees **MUST** have been paid to scottishathletics for season 2023/24. Competitors **MUST** wear their club colours in all events.
- (5) Rules relating to students in Full time education in Scotland are applicable.
for guidance on these rules please visit the Road Running Commission Website.
- (6) By entering all athletes agree that photographs and/or video footage may be taken and used for PR/Marketing purposes.
- (7) 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).
- (8) Any athlete with Additional Support Needs should contact scottishathletics for an athlete assistance form.