

COMPETITION INFORMATION SHEET

Event: North District Cross Country Championships

NDXCC

Venue: Gordonstoun School, Elgin, IV30 5RF

Registration: Gordonstoun School, Elgin, IV30 5RF

Date: Saturday 30th November 2024

| Race | Age Group | BORN DURING | | Declarations Close | Race Starts | Distance (Approx) |
|---|-----------|----------------|------------|-----------------------|-------------|----------------------|
| PROVISIONAL TIMETABLE PLEASE CHECK FINAL INFORMATION FOR FINAL TIMETABLE | | | | | | |
| Under 13 Girls | U13 | 01/09/2011 to | 31/08/2013 | 1130hrs | 1200hrs | 3km |
| Under 13 Boys | U13 | 01/09/2011 to | 31/08/2013 | 1145hrs | 1215hrs | 3km |
| Under 15 Boys | U15 | 01/09/2009 to | 31/08/2011 | 1200hrs | 1230hrs | 4km |
| Under 15 Girls | U15 | 01/09/2009 to | 31/08/2011 | 1220hrs | 1250hrs | 4km |
| Under 17 Women | U17 | 01/09/2007 to | 31/08/2009 | | | 5.5km |
| U20 Women | U20 | 01/09/2004 to | 31/08/2007 | | | 6.5km |
| Senior Women | SEN | BORN ON/BEFORE | 31/08/2004 | 1255hrs | 1325hrs | 8km |
| Masters Women | MAS | Age on Day 40+ | | | | |
| Under 17 Men | U17 | 01/09/2007 to | 31/08/2009 | 1345hrs | 1415hrs | 5.5km |
| U20 Men | U20 | 01/09/2004 to | 31/08/2007 | | | 6.5km |
| Senior Men | SEN | BORN ON/BEFORE | 31/08/2004 | 1405hrs | 1435hrs | 8km |
| Masters Men | MAS | Age on Day 40+ | | | | |
| Non Binary | NB | | | | | |

Entries Close: **5pm Thursday 14th November 2024**

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

(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 Glasgow on 11th January 2025.

(7) Club Affiliation fees **MUST** have been paid to scottishathletics. 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 & Cross Country 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.