

## **National 6/4 Stage Road Relays** **22<sup>nd</sup> March 2025**

### **Parking**

ALL CAR PARKING must be at Almondvale Stadium, EH54 7DN. There is strictly NO PARKING at St Margaret's Academy for athletes or team managers

Follow the road signs to Livingston FC, EH54 7DN - coloured yellow from M8 Junction 3. The lower car park off Stadium Road will be signposted for parking.

### **Declarations**

An online declaration process will be provided for this event via the online OpenTrack system. Team Managers and Club Contacts will receive an emailed invite to become a 'Team Manager' on OpenTrack the week before the event. Those already registered on the site will simply have to log in. If any Team Managers are not already registered, they will need to do so when accepting the invitation. Additional Team Managers can be added by emailing [events@scottishathletics.org.uk](mailto:events@scottishathletics.org.uk) with Name and Email address of the additional Team Manager.

### **NUMBER RANGES**

**Men 6 Stage 1 to 51**

**Men 40 6 Stage 52 to 64 (V)**

**Men 50 4 Stage 65 to 82 (X)**

**Women 4 Stage 134-168**

**Women 40 4 Stage 169-173 (V)**

**Women 50 3 Stage 174-184 (X)**

An online guide to the declarations process is available here - <https://docs.opentrack.run/entry/relay/declare/>  
Support for online team declarations will be provided by the **scottishathletics** Competitions Team on the day.

On the day team declarations/team pack collection will open at 1030hrs and close at 1130hrs

### **Course**

- 1<sup>st</sup> Leg is SHORT (3.1miles approx) 2<sup>nd</sup> leg is LONG (5.9miles approx)
- Six alternate laps for men; Four alternate laps for women
- Short Legs wear RED numbers. Long Legs wear YELLOW numbers
- 6<sup>th</sup> and Final Men's leg wear WHITE numbers.

### **Categories**

- Male and Female Masters Teams are from age 40, based on age on day of the race.
- Masters Team numbers will have a "V" stapled to the number which should be worn on the BACK
- There are medals for 1<sup>st</sup> 3 Masters teams for Men and Women.
- M50 teams and W50 teams are from age 50 on the day.
- M50 teams run 4 legs ONLY. W50 teams run 3 legs ONLY.
- M50 and W50 team numbers will have an "X" stapled to the number which should be worn on the BACK
- There are medals for 1<sup>st</sup> three M50 and W50 teams.
- All entered athletes are eligible to run in a younger age range (provided a club team has been entered in that age group)

### **Eligibility**

- Athletes can only run once. Any team with an athlete running a 2<sup>nd</sup> time will have the whole team removed from the results.
- Athletes can only enter for their First Claim Scottish Club. Athletes cannot be entered for their Second Claim Club.

### **Mini Mass Start**

- Any remaining men who have not started the 6<sup>th</sup> and final leg before the 1<sup>st</sup> 3 men's team have finished the race will be started in a "mass" start at approx. 2hours 20minutes race time. This start is likely to comprise of around 8 teams. These teams will be recorded with a corrected team time in the results.

### **Awards**

- Presentation of all Women's and M50 medals will take place **at the finish** as soon as possible once the results have been determined.
- Presentation of Senior Men's and M40 medals will take place in the school after the race.