

COMPETITION INFORMATION SHEET

Event: North District Cross Country Championships

NDXCC

Venue: Dores, Inverness

Registration: Dores Parish Hall, Inverness, IV2 6TR

Date: Saturday 7th December 2019

Race	Age Group	BORN DURING	Declarations		Race Starts	Distance
			Close			
Under 13 Girls	U13	01/09/2006 to 31/08/2008	1130hrs		1200hrs	3100m
Under 13 Boys	U13	01/09/2006 to 31/08/2008	1145hrs		1215hrs	3100m
Under 15 Girls	U15	01/09/2004 to 31/08/2006	1200hrs		1230hrs	4000m
Under 15 Boys	U15	01/09/2004 to 31/08/2006	1220hrs		1250hrs	4000m
Under 17 Women	U17	01/09/2002 to 31/08/2004	1240hrs		1310hrs	5500m
U20 Women	U20	01/09/1999 to 31/08/2002				6500m
Senior Women	SEN	BORN BEFORE 01/09/1999	1315hrs		1345hrs	8500m
Masters Women	MAS	Age on Day 40+				
Under 17 Men	U17	01/09/2002 to 31/08/2004	1355hrs		1425hrs	5500m
U20 Men	U20	01/09/1999 to 31/08/2002				6500m
Senior Men	SEN	BORN BEFORE 01/09/1999	1415hrs		1445hrs	8500m
Masters Men	MAS	Age on Day 40+				

Entries Close midnight on: **Thursday 21st November 2019**

NO LATE ENTRIES

Email Address: events@scottishathletics.org.uk

Bank Details: RBS, Sort Code: 83-19-04 Acc No 00667222

Important Notes

- (1) U17 & U20 Women will run together with all age groups having separate teams.
- (2) U17 & U20 Men and U17 & U20 Women will run together with all age groups having separate teams.
- (3) 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 21
- (4) Location map and final instructions will be available on www.scottishathletics.org.uk
- (5) This event is the principal race for North athlete selection of Inter District Teams for Stirling on 11th January 2020.
- (6) Club Affiliation fees **MUST** have been paid to scottishathletics for season 2019/20. Competitors **MUST** wear their club colours in all events.
- (7) Rules relating to students in Full time education in Scotland are applicable.
for guidance on these rules please visit the Road Running Commission Website.
- (8) By entering all athletes agree that photographs and/or video footage may be taken and used for PR/Marketing purposes.
- (9) 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).