

Event **SCOTTISH NATIONAL CROSS COUNTRY CHAMPIONSHIPS**
Senior/Under 20 Races - Final Races in the Stewarts Cross Country Grand Prix Series 2009-10
 Venue **FALKIRK (Callendar Park)**
 Date **SATURDAY 20th February 2010**

RACE	DECLARATIONS CLOSE	RACE STARTS	DISTANCE	ENTRY FEE (per athlete)
Under 13 Boys	11.00	11.30	3,200 metres	£3.00
Under 13 Girls	11.15	11.45	3,200 "	£3.00
Under 15 Boys	11.30	12.00	4,000 "	£3.00
Under 15 Girls	11.45	12.15	4,000 "	£3.00
U17 / U20 Women	12.05	12.35	4,800 "	£3.00 / £4.50
Under 17 Men	12.25	12.55	6,400 "	£3.00
Senior Women	12.55	1.25	8,000 "	£4.50
Under 20 Men	1.30	2.00	8,000 "	£4.50
Senior Men	2.00	2.30	12,000 "	£4.50

Entries by First or Second Class Post with correct Postage for envelope size and cheque enclosed. Please do not use Recorded or Special Delivery as this can cause delays.

No acknowledgement of entries will be sent unless a SAE is enclosed with the entries. For an e-mail acknowledgement e-mail alex.jackson@ed.ac.uk

Under 20 Women and Under 17 Women run in the same race but compete for separate individual and team Championship medals.

Senior Women Teams are 4 to count , previously they were 3.

Athletes who compete in an SAL championship MUST be current members of the Scottish Athletics Membership Scheme. Furthermore, an entered athlete MUST not be substituted by a non-entered athlete at any time.

Non observance of the above leaves the whole field and the officials uninsured in the event of an accident, leaves the athlete at a health risk in the case of a wrong identification of the athlete, and makes the results invalid as an historic record.

The above two issues are so important that the RR&CC Commission asks Club Secretaries and team managers for this co-operation in enforcing these rules.

The Commission will, however, closely monitor athletes and Clubs not observing these rules. Any transgression may result in a disciplinary procedure.

ENTRIES CLOSE first post on **SATURDAY 30th JANUARY 2010**

WITH
 ALEX JACKSON
 26 MORTONHALL PARK CRESCENT
 EDINBURGH EH17 8SY

NO LATE ENTRIES
 Cheques to be made payable to Scottish Athletics
 e-mail - Alex.Jackson@ed.ac.uk