

# COMPETITION INFORMATION SHEET

Event **EAST DISTRICT CROSS COUNTRY RELAYS (Incorporating Master's Relays)**

Venue **PRESTONPANS (Meadowmill Sports Centre)** Date **SATURDAY 9th OCTOBER 2010**

RACE	AGE GROUP	BORN DURING	DECLARATIONS CLOSE	RACE STARTS	LAPS
YOUNG FEMALES	U13	1/9/97 to 31/8/99	12.00 noon	12.30pm	3 x 2,500 metres
	U15	1/9/95 to 31/8/97			
	U17	1/9/93 to 31/8/95			
YOUNG MALES	U13	1/9/97 to 31/8/99	12.35 pm	1.05pm	3 x 2,500 metres
	U15	1/9/95 to 31/8/97			
	U17	1/9/93 to 31/8/95			
SENIOR/JUNIOR WOMEN		BORN BEFORE 1/9/93	1.10pm	1.40pm	3 X 4,000 metres
SENIOR/JUNIOR MEN		BORN BEFORE 1/9/93	2.10pm	2.40pm	4 X 4,000 metres

ENTRIES CLOSE first post on **SATURDAY 25<sup>th</sup> SEPTEMBER 2010** WITH :-

ALEX JACKSON  
26 MORTONHALL PARK CRESCENT  
EDINBURGH, EH17 8SY

**NO LATE ENTRIES**

ENTRY FEES	YOUNG FEMALES	<b>£7.50 PER TEAM</b>	SEN./JUN. WOMEN	<b>£10.50 PER TEAM</b>
	YOUNG MALES	<b>£7.50 " "</b>	SEN./ JUN MEN	<b>£14.00 "</b>

## YOUNG ATHLETES RACES

1<sup>st</sup> LAP Under 13      2<sup>nd</sup> LAP Under 15 OR Under 13      3<sup>rd</sup> LAP Under 17 OR Under 15

### Important Notes

(1) For the 1<sup>st</sup> Time District relays will incorporate Masters Championships. There will be a set of Masters gold, silver and bronze medals for both Men and Women.

**Masters Teams with ages starting at 40 for both Men and Women, age on day.**

(2) 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.

### (3) Students in Full-time Education in Scotland

Students in full-time education in Scotland may, at the start of the season, nominate their First Claim Club as their education establishment. This is provided that the Club is confined to students of that establishment. A first claim member of an education establishment Club may compete, in SAL permitted races, for a second claim Scottish Club in Open team races provided their first claim Club is not entered.

(4) Entries by First or Second Class Post with correct Postage for envelope size and cheque enclosed  
All remittances should be crossed and made payable to " Scottish Athletics ".

(5) Club Affiliation fees must have been paid.

(6) No acknowledgement of entries will be sent unless a SAE is enclosed with the entries. For an e-mail acknowledgement please e-mail [alex.jackson@ed.ac.uk](mailto:alex.jackson@ed.ac.uk)

(7) Further information, including Location Map and Course Map, will be available on the Scottish Athletics website.

Scottish Athletics  
District Cross Country Relay Championships  
and  
National Cross Country Relay Championships

**YOUNG ATHLETES TEAMS**

1st Lap U13

2<sup>nd</sup> Lap U15 OR U13

3<sup>rd</sup> Lap U17 OR U15.

**MASTERS TEAMS**

Men and Women Masters are aged 40 on day of the race.

Masters Teams should be clearly marked on the declaration form on the day.

Masters teams should also mark a large and clear “V” on their numbers.

There are medals for 1st three Masters teams for Men and Women

**UNELIGIBLE ATHLETES**

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 who compete in a 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.

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