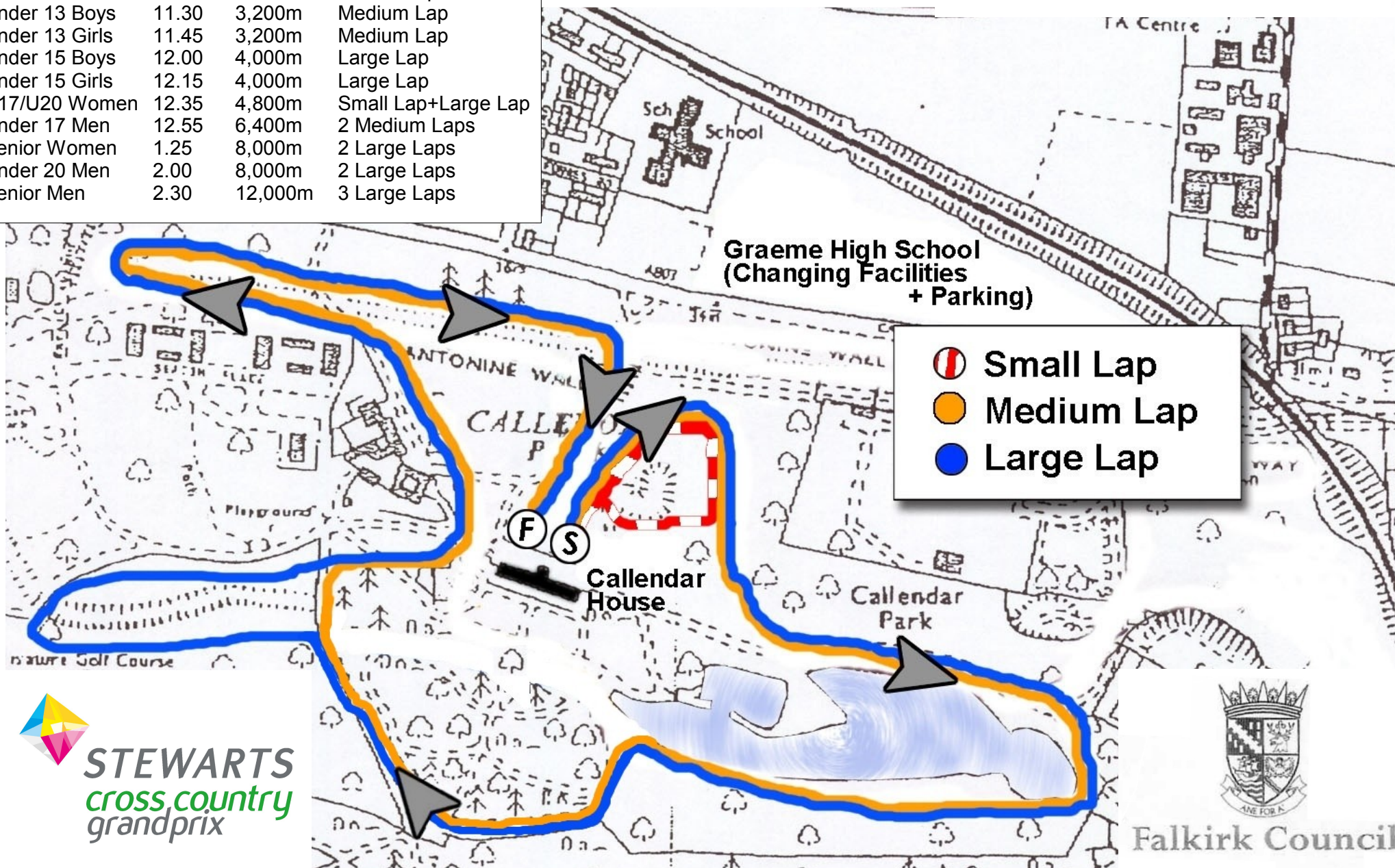


Scottish National Cross Country Championships

Falkirk (Callendar Park) Saturday 19th February 2011



Race	Start	Distance	Laps
Under 13 Boys	11.30	3,200m	Medium Lap
Under 13 Girls	11.45	3,200m	Medium Lap
Under 15 Boys	12.00	4,000m	Large Lap
Under 15 Girls	12.15	4,000m	Large Lap
U17/U20 Women	12.35	4,800m	Small Lap+Large Lap
Under 17 Men	12.55	6,400m	2 Medium Laps
Senior Women	1.25	8,000m	2 Large Laps
Under 20 Men	2.00	8,000m	2 Large Laps
Senior Men	2.30	12,000m	3 Large Laps



Falkirk Council



**Stewarts National Cross Country Championships
Falkirk (Callendar Park)
SATURDAY 19th February 2011**

PARKING

Parking is at Graeme High School with overflow parking at the business centre at the east end of Callendar Park. **If it is at all possible please car share.**

DECLARATIONS

Open 9.30am in the Foyer Area of Graeme High School (First Race 11.30am)

Team Managers should collect envelopes containing numbers. A list of athletes entered will be attached.

U20 Women and U17 Women run together. They should wear the numbers 20 or 17 provided on their BACK.

CHANGING

In Graeme High School. Males in the Main Hall. Females in the Female Changing Rooms

PRESENTATIONS

Individual presentations will take place immediately after each race. Team presentations will take place on the course as they are available.

SPORTS GOODS

Specialist running shop Run and Become will have a selection of goods on display at Graeme High School foyer including the **event tee shirts** and 12 and 15mm spikes!!!

Impossible to bring the whole shop but any special requests call 0131 313 5300 or e-mail edinburgh@runandbecome.com

SCHOOL

Strictly no spikes or racing shoes should be worn in the school.

Remove muddy shoes when you are entering the school.

ELIGIBILITY

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.

HOST CLUB

Our thanks to the members of Falkirk Victoria Harriers whose efforts again assist in hosting the National are appreciated

Alex Jackson

Secretary, Cross Country and Road Running Commission

Scottish National Cross Country Championships
Falkirk (Callender Park)
SATURDAY 19th February 2011

General directions for all:- Follow Brown road Signs for Callendar Park and House

From Edinburgh and Forth Road Bridge:-

Take M9 to junction 5 (you should see above signs from here)

At end of slip road take 1st exit on to A9. Follow this for approx 1.5 miles going straight over the first roundabout, you will see the football stadium in front on your right.

At next roundabout turn left (1st exit) and go uphill for approx 500 metres until next roundabout.

Take 3rd exit (turn right) and go under railway bridge. You will see Graeme High School, but at next roundabout turn left and then first right for parking.

From Glasgow, Stirling and Kincardine Bridge:-

Take M9 to junction 6 (you should see above signs from here)

At end of slip road turn right and after approx half a mile you will reach a roundabout.

Take 3rd exit sign posted Falkirk and go up and over the railway line. You will see football stadium on your left.

At roundabout beside stadium turn left (1st exit) and past by stadium and fire station and go under railway bridge until you reach next roundabout.

Take 2nd exit (bearing right) and go up the hill for approx 500 metres.

At next roundabout turn right (3rd exit) and go under railway bridge.

You will see Graeme high School, but at mini roundabout turn left and then first right for parking.

Alternative parking is within the park at the West End.

Stay on Callendar Road past Graeme High School, (you will see the course on your left) and straight over two mini roundabouts before a big roundabout. At this roundabout take the first exit to turn left into Callendar Park. Go up the hill and straight on the car park is on your right adjacent to the golf course.