

RACE	DECLARATIONS CLOSE	RACE STARTS	DISTANCE	ENTRY FEE
Under 13 Girls	11.00	11.30	3,200 metres	£3.00 per athlete
Under 13 Boys	11.15	11.45	3,200 "	£3.00 " "
Under 15 Girls	11.30	12.00	4,000 "	£3.00 " "
Under 15 Boys	11.50	12.20	4,000 "	£3.00 " "
Under 17 & Under 20 Women	12.10	12.40	5,000 "	£3.00 " "
Senior Women	12.30	1.00	6,400 "	£4.50 " "
Under 17 & Under 20 Men	1.00	1.30	6,400 "	£3.00 " "
Sen/Jun Men	1.30	2.00	8,000 "	£4.50 " "
			9,500 "	£4.50 " "

IMPORTANT NOTES

- (1) Changing/Declarations are at Bell Baxter High School **KY15 4HY**.
- (2) This event is the principal race for East athlete selection of Inter District Teams for Edinburgh on 5th January 2013

ENTRIES CLOSE first post on MONDAY 26th NOVEMBER 2012

WITH

SCOTTISH ATHLETICS (EAST CROSS COUNTRY ENTRIES)

CALEDONIA HOUSE, SOUTH GYLE

EDINBURGH EH12 9DQ

Cheques to be made payable to Scottish Athletics

- (1) 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.
- (2) Students in Full-time Education in Scotland - Students in full-time education in Scotland may compete as First claim for both their educational establishment and another Scottish club but not in the same competition. This is provided that the educational establishment Club is confined to students of that establishment. Thus a student may be entered for two clubs but has to choose one at declaration.
- (3) Entries by First or Second Class Post with correct Postage for envelope size and cheque enclosed – entries with incorrect postage are unlikely to be delivered. All remittances should be crossed and made payable to " Scottish Athletics ".
- (4) Club Affiliation fees must have been paid.
- (5) No acknowledgement of entries will be sent unless a SAE is enclosed with the entries. For an e-mail acknowledgement please e-mail admin@scottishathletics.org.uk
- (6) Further information, including Location Map & Course Map, will be available on the Scottish Athletics website.

"For National and District Cross Country Championships the following rule applies RULE 512 TEAM RACES An Open Team Race is one open to all affiliated Clubs within a defined geographical area. All scoring members must be eligible first claim members of that Club "

"Athletes must enter under the Scottish Club with which they are registered in the membership scheme. Athletes Changing Club need to do so through the appropriate form/procedure"