

Scottish Athletics
East District Cross Country Relay Championships
Dechmont Law, Deans, Livingston
SUNDAY 13th October 2013

PARKING

If possible car share. Deans School Car Park will fill up before the event starts. Overflow parking is at Middlewood Park. Take the 4th right after the Roundabout. This will be signposted. Park on the South (right) side of the road. It is as close to the course as the school. (see Course Map)

TRAINS

From Edinburgh 2 trains per hour go to Livingston North (0.5 mile away)
Journey time 20 minutes. (Sunday service)

YOUNG ATHLETES TEAMS

1st Lap U13

2nd Lap U15 OR U13

3rd Lap U17 OR U15.

MASTERS TEAMS

Men and Women Masters are AGED 40 on the day of the race and need to
(1) Clearly mark on the declaration form on the day which teams are Masters.
(2) Mark a LARGE and CLEAR "V" on their numbers.
There are medals for 1st three Masters teams for Men and Women.

PRESENTATIONS

All medal presentations including the Senior Men will take place at the finish immediately after each race. This includes the Master's team medals.

UNELIGABLE ATHLETES

Athletes can only run once, any team with an athlete running a 2nd 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.

CAFÉ

There is a Café in Deans High School, if possible please use it.

Alex Jackson

East District Secretary.

COMPETITION INFORMATION SHEET

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

Venue **LIVINGSTON (Deans)**

Date **SUNDAY 13th OCTOBER 2013**

RACE	AGE GROUP	BORN DURING	DECLARATIONS CLOSE	RACE STARTS	LAPS
YOUNG FEMALES	U13	1/9/00 to 31/8/02	12.00 noon	12.30pm	3 x 2,500 metres
	U15	1/9/98 to 31/8/00			
	U17	1/9/96 to 31/8/98			
YOUNG MALES	U13	1/9/00 to 31/8/02	12.35 pm	1.05pm	3 x 2,500 metres
	U15	1/9/98 to 31/8/00			
	U17	1/9/96 to 31/8/98			
SENIOR/JUNIOR WOMEN		BORN BEFORE 1/9/96	1.10pm	1.40pm	3 X 4,000 metres
SENIOR/JUNIOR MEN		BORN BEFORE 1/9/96	2.10pm	2.40pm	4 X 4,000 metres

ENTRIES CLOSE first post on **MONDAY 30th SEPTEMBER 2013** WITH :-

EAT CC RELAYS, SCOTTISH ATHLETICS
CALEDONIA HOUSE, SOUTH GYLE
EDINBURGH, EH12 9DQ

NO LATE ENTRIES

ENTRY FEES	YOUNG FEMALES	£9.00 PER TEAM	SEN./JUN. WOMEN	£12.00 PER TEAM
	YOUNG MALES	£9.00 " "	SEN./ JUN MEN	£16.00 "

YOUNG ATHLETES RACES

1st LAP Under 13

2nd LAP Under 15 OR Under 13

3rd LAP Under 17 OR Under 15

Important Notes

(1) District relays incorporate Masters Championships. There will be a set of Masters gold, silver and bronze medals for both Men and Women. Masters Teams - Masters Age Group from 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 compete as 1st 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.

(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) No acknowledgement of entries will be sent unless a SAE is enclosed with the entries. For an e-mail acknowledgement e-mail admin@scottishathletics.org.uk

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