



## West Lothian Athletics Partnership

### Cross Country Event

**Saturday 4<sup>th</sup> October 2014**

The three West Lothian Clubs (Livingston and District AAC, Lothian Running Club and Linlithgow AC), West Lothian Council and **scottishathletics** present a cross country event on Saturday 4<sup>th</sup> October 2014.

The session is open to all athletes aged from 9 to 17 years of age. The aim of the session is to encourage young athletes and to give them the chance to compete in a local competition with the help of experienced coaches and officials.

You don't require any previous experience of cross country running and there is no requirement to book.

**Venue:** Deans Community High School, Livingston

**Cost:** Free of charge

**What to bring:** Warm outdoor kit including tracksuit and jacket, trainers and spikes (if you have them), shorts and t-shirt/vest to race in.

#### Timetable:

1400	Meet and register and outline session – in Deans Community High School
1430	Walk Course/Recce and Warm Up
1450	Mass race over 1km
1510	Relay set up
1520	Relay 3 x 500 metres – mixed teams
1535	Cool Down
1550	Return to school thank you and goodbye (finish by 1600)



West Lothian  
Council

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