

Scottish Athletics
East District Cross Country Relay Championships
Peebles (Peebles High School, EH45 9HB)
SUNDAY 12th October 2014

PARKING

If possible car share. The High School car parks will fill up before the event starts. Large farm vehicles and horse lorries use the roads near the school and the course. Please consider this when parking sensibly in the neighbouring streets.

BUSES

First Bus service X62 operates a Sunday service hourly then half-hourly from Edinburgh (NB Waterloo Place, not the main bus station) to Peebles journey time c. 1 hour 10mins. From Peebles town centre it's 10 minutes' walk to the High School which is on the south side of the Tweed and is signed after crossing the main Tweed Bridge.

REGISTRATION, CHANGING AND TOILETS

At Peebles High School. There will be 4 portaloos on the course.

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.

CLUB TENTS

There is strictly **NO PARKING** on the single track road leading to the course however club tents may be dropped off at the gate into the fields immediately adjacent to Edderston Farm (see course map). Please park at the farm for as brief a time as possible and only to drop off your tent. Do not leave your vehicle there while your tent is being put up. The same applies for tent uplift.

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.

INELIGIBLE 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 will be a Café in the High school opened specifically for our event. Please use it.

HOST CLUBS

The District thanks Moorfoot Runners and Gala Harriers for all their work in hosting today's event.

Alex Jackson

East District Secretary

COMPETITION INFORMATION SHEET

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

Venue **Peebles (Peebles High School)**

Date **SUNDAY 12th OCTOBER 2014**

RACE	AGE GROUP	BORN DURING	DECLARATIONS CLOSE	RACE STARTS	LAPS
YOUNG FEMALES	U13	1/9/01 to 31/8/03			
	U15	1/9/99 to 31/8/01	12.00 noon	12.30pm	3 x 2,500 metres
	U17	1/9/97 to 31/8/99			
YOUNG MALES	U13	1/9/01 to 31/8/03			
	U15	1/9/99 to 31/8/01	12.35 pm	1.05pm	3 x 2,500 metres
	U17	1/9/97 to 31/8/99			
SENIOR/JUNIOR WOMEN		BORN BEFORE 1/9/97	1.10pm	1.40pm	3 X 4,000 metres
SENIOR/JUNIOR MEN		BORN BEFORE 1/9/97	2.10pm	2.40pm	4 X 4,000 metres

ENTRIES CLOSE first post on **SATURDAY 27th SEPTEMBER 2014** WITH :-
EAST XC RELAYS,
26 Mortonhall Park Crescent
Edinburgh. EH17 8SY

NO LATE ENTRIES

Cheques made payable to SCOTTISH ATHLETICS

ENTRY FEES	YOUNG FEMALES	£10.00 PER TEAM	SEN./JUN. WOMEN	£14.00 PER TEAM
	YOUNG MALES	£10.00 " "	SEN./ JUN MEN	£18.00 "

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

(6) Further information including Location Map and Course Map will be available on the Scottish Athletics website within 2 weeks of the event.