



**Lindsays National Short Course Cross Country
Championships 2014
Bellahouston Park, Glasgow G52 1HH
SUNDAY 9th November 2014**

PARKING

There is limited parking at the Palace of Art & Bellahouston Sports Club. Please note there are other events taking place in both venues so the car parks will be busy. There is also plenty of nearby on-street parking available.

DECLARATIONS – NEW VENUE for 2014!!

This will take place at the **Palace of Art, Bellahouston Park**. Declarations will open from 09:30 where you will pick up your number & chip. Make sure you pick up BOTH.

Please note: the Palace of Art is further away from the course therefore please leave plenty of time to park, declare and get to the course.

NO MUDDY SHOES WITHIN THE PALACE OF ART PLEASE, THANKS

CHIPS

Results are by chip timing. If an athlete doesn't have a chip on their shoe they won't be in the results. **NO CHIP. NO RESULT.**

There is a separate envelope for each athlete containing Timing chip, tie cords, instructions on how to attach chip to laces and athlete's number. **Team Managers should collect only the envelopes for athletes who are competing.**

FACILITIES

Changing: There is no changing facility at the Palace of Art. Please come ready to run.

Toilets: There are toilet facilities available at the Palace of Art, Bellahouston Sports Club & limited portable toilets available at the course.

Catering: There is a café within Bellahouston Sports Club only. There is no catering at the course or within the Palace of Art.

PRESENTATIONS

Individual presentations will take place immediately after each race at the course.

Team presentations will take place on the course as they are available.

In all 6 races teams are 3 to score with the exception of the Senior/Junior Men which is 4 to score.