

Event: **scottishathletics SHORT COURSE CROSS COUNTRY CHAMPIONSHIPS**

Venue: **BELLAHOUSTON PARK, GLASGOW** (Registration and declarations at Bellahouston Sports Centre)

Date: **SUNDAY 10<sup>th</sup> November 2013**

RACE	DECLARATIONS CLOSE	RACE STARTS	DISTANCE	ENTRY FEE
Under 15 Girls	10.30	11.00	2,000 metres	£3.50 per athlete
Under 15 Boys	10.45	11.15	2,000 metres	£3.50 per athlete
Under 17 Women	11.00	11.30	3,000 metres	£3.50 per athlete
Under 17 Men	11.20	11.50	3,000 metres	£3.50 per athlete
Senior/Under 20 Women	11.40	12.10	4,000 metres	£5.50 per athlete
Senior/Under 20 Men	12.05	12.35	4,000 metres	£5.50 per athlete

**IMPORTANT NOTES**

- (1) Under 20 athletes are those born between 1 September 1994 and 31 August 1997.
- (2) Location map etc will be shown on the Scottish Athletics website [www.scottishathletics.org.uk](http://www.scottishathletics.org.uk)
- (3) Team scoring for Senior Races is 4 for Men and 3 for Women; Young Athlete Races 3 for all races.

**ENTRIES CLOSE first post on MONDAY 27 OCTOBER 2014**

**Entries by post please with cheque enclosed to the address below.**

With:- Claire Archbold

**NO LATE ENTRIES**

Scottish Athletics, Caledonia House

South Gyle, Edinburgh

Cheques payable to 'Scottish Athletics'

EH12 9DQ

**No acknowledgement of entries will be sent unless a SAE is enclosed with the entries.**

**NOTES**

**Athletes who compete in an SAL championship MUST be a current member 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.**

**The above two issues are so important that the RR&CC Commission asks Club Secretaries and team managers for co-operation in enforcing these rules.**

**The Commission will, however, closely monitor athletes and Clubs not observing these rules. Any transgression may result in a disciplinary procedure.**