

RACE	DECLARATIONS CLOSE	RACE STARTS	DISTANCE	ENTRY FEE
Under 13 Girls	11.00	11.30	3,200 metres	£3.50 per athlete
Under 13 Boys	11.15	11.45	3,200 "	£3.50 " "
Under 15 Girls	11.30	12.00	4,000 "	£3.50 " "
Under 15 Boys	11.50	12.20	4,000 "	£3.50 " "
Under 17 & Under 20 Women	12.10	12.40	5,000 "	£5 " "
Senior Women	12.30	1.00	6,400 "	£5 " "
Under 17 & Under 20 Men	1.00	1.30	6,400 "	£3.50 " "
Senior Men	1.30	2.00	8,000 "	£5 " "
			9,600 "	£5 " "

IMPORTANT NOTES

(1) This event is the principal race for East athlete selection of Inter District Teams for Edinburgh on 10th January 2015

ENTRIES CLOSE first post on SATURDAY 22nd NOVEMBER 2014

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

With:- Alex Jackson
26 Mortonhall Park Crescent
Edinburgh
EH17 8SY

NO LATE ENTRIES

Cheques payable to 'Scottish Athletics'

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

- (1) 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.**
- (2) Students in Full-time Education in Scotland - Students in full-time education in Scotland may compete as First 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.**
- (3) Entries by First or Second Class Post with correct Postage for envelope size and cheque enclosed – entries with incorrect postage are unlikely to be delivered. All remittances should be crossed and made payable to " Scottish Athletics ".**
- (4) Club Affiliation fees must have been paid.**
- (5) No acknowledgement of entries will be sent unless a SAE is enclosed with the entries. For an e-mail acknowledgement please e-mail alex.jackson@ed.ac.uk**
- (6) Further information, including Location Map & Course Map, will be available on the Scottish Athletics website.**

"For National and District Cross Country Championships the following rule applies RULE 512 TEAM RACES An Open Team Race is one open to all affiliated Clubs within a defined geographical area. All scoring members must be eligible first claim members of that Club "

"Athletes must enter under the Scottish Club with which they are registered in the membership scheme. Athletes Changing Club need to do so through the appropriate form/procedure"