



**Lindsays National Short Course Cross Country  
Championships 2015  
Bellahouston Park, Glasgow G52 1HH  
Saturday 7<sup>th</sup> November 2015**

**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**

Declarations will take place at Bellahouston Sports Centre, and will open from 09:30 where you will pick up your number & chip. Make sure you pick up BOTH.

**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 will be limited changing at the Sports Centre. Please come ready to run.

*Toilets:* There are toilet facilities available at 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.

**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 and Women which is 4 to score.