

**East District Cross Country Championships  
Deans Community High School, Livingston EH54 8PS  
Saturday 12<sup>th</sup> December 2015**

**PARKING**

Parking at the school will fill up before the 1<sup>st</sup> race starts. There is ample alternative parking at Middlewood Park (see course map) 5 minutes' walk to the Start. **PLEASE CAR SHARE IF POSSIBLE**

**DECLARATIONS/CHANGING/TOILETS**

At Deans High School. There are no toilets at the course

<b>TIMETABLE</b>	<b>Declarations Close</b>	<b>Race Starts</b>
Under 13 Girls	11.00	11.30
Under 13 Boys	11.15	11.45
Under 15 Girls	11.30	12.00
Under 15 Boys	11.50	12.20
Under 17 & Under 20 Women	12.10	12.40
Senior Women	12.30	1.00
Under 17 & Under 20 Men	1.00	1.30
Sen/Jun Men	1.30	2.00

Under 20 Women & Under 17 Women run in the same race with U20 wearing a 20 on the **BACK**

Under 20 Men & Under 17 Men run in the same race but different distances with U20 wearing a 20 on the **BACK**

**INDIVIDUAL PRESENTATIONS**

All individual awards apart from the Senior Men's will be made after each race near the finish area.  
Senior Men's awards presentations will be made in the school at approx 3.45pm

**TEAM MEDALS**

There are team medals for 1<sup>st</sup> 3 teams in all age groups. These can be collected from declarations in the school throughout the afternoon when results are known.

**HOST CLUB**

Our thanks to Ted Finch as his team at Lothian Running Club for hosting the Championships.

**EAST DISTRICT SELECTION (Inter District, Great Edinburgh Cross Country ,9/1/16)**

First 8 in each age category of Under 13, Under 15, Under 17 and Senior will have automatic selection for the above.

From to-days races and all known form up to a total of 15 athletes will be selected for each race at Edinburgh.

Alex Jackson  
East District Secretary  
CC and RR Commission