



**National Cross Country Championships
Falkirk FK1 1SY (Callander Park)
SATURDAY 27th February 2016**

PARKING

Parking is at Graeme High School with overflow parking at the business centre at the east end of Callander Park and at the west end of Callander Park (see course map)

Coach Parking is at Graeme High School.

Do not park near the high flats, parking there is for residents only.

If it is at all possible please car share.

CHIP DISTRIBUTION

Opens 9.30am in the Foyer Area of Graeme High School (First Race 11.30am)

All races apart from Senior Women, Under 20 Men and Senior Men can be collected from 9.30am.

Senior Women, Under 20 Men and Senior Men chip distribution opens at 11.00am

Team Managers should collect only the envelopes for athletes who are competing.

A large receptacle would assist clubs with lots of chip envelopes to collect.

CHIPS

There is a separate envelope for each athlete containing:

- Timing Chip and plastic ties.
- Athlete's number

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.**

After finishing the race athletes should remove their chip by breaking the plastic ties.

Seats will be provided in the de-chipping area for doing this.

UNDER 17 WOMEN /UNDER 20 WOMEN

Under 17 Women and Under 20 Women run together. **Under 17** have **YELLOW** numbers,

Under 20 have **RED** numbers, both these age groups wear numbers on the **FRONT** and **BACK**.

FACILITIES

Changing is in Graeme High School. Males in the Main Hall. Females in the Female Changing Rooms **Strictly no spikes or racing shoes should be worn in the school.**

There will be toilets and catering units available at the course. If your club is bringing a tent or Gazebo please read the advice information on the event page.

PRESENTATIONS and RESULTS

Individual presentations will take place immediately after each race. Team presentations will take place on the course as they are available. Senior Men presentations will take place in the school. Results will be put up in Graeme High School after each race and will be posted on the **scottishathletics** website.

CAFÉ

The café will be open in Graeme High School during and after the event.