

# COMPETITION INFORMATION SHEET

Event: scottishathletics National Cross Country Championships

**NATIONAL**

Venue: Callendar Park, Falkirk, FK1 1YR

Registration: Graeme High School, Callendar Rd, Falkirk, FK1 1SY

Date: Saturday 27th February 2016

Race	Age Group	BORN DURING	Declarations		Race Starts	Distance
				Close		
Under 13 Boys	U13	01/09/2002 to 31/08/2004		1100hrs	1130hrs	3200m
Under 13 Girls	U13	01/09/2002 to 31/08/2004		1115hrs	1145hrs	3200m
Under 15 Boys	U15	01/09/2000 to 31/08/2002		1130hrs	1200hrs	4000m
Under 15 Girls	U15	01/09/2000 to 31/08/2002		1145hrs	1215hrs	4000m
Under 17 Women	U17	01/09/1998 to 31/08/2000		1205hrs	1235hrs	4800m
U20 Women	U20	01/09/1995 to 31/08/1998				
Under 17 Men	U17	01/09/1998 to 31/08/2000		1225hrs	1255hrs	6400m
Senior Women	SW	BORN BEFORE 01/09/1998		1255hrs	1325hrs	8000m
U20 Men	U20	01/09/1995 to 31/08/1998		1330hrs	1400hrs	8000m
Senior Men		BORN BEFORE 01/09/1995		1400hrs	1430hrs	12000m

## Important Notes

(1) These Championships will be recorded and timed by CHIPS attached to athletes shoe laces. All athletes must wear a CHIP and number pinned to their club vest. U17W and U20W must wear numbers front and back.

(2) All CHIPS must be returned at the finish line. All NON USED CHIPS must be returned to declarations. Costs incurred for lost or non returned CHIPS will be passed onto the clubs concerned.

(3) Clubs entering are asked to provide two marshalls to assist on the course. Names and contact details for the marshals should be emailed no later than Friday 13th February to alex.jackson@ed.ac.uk.

(4) Under 17 Women will run with Under 20 Women with all age groups having seperate teams.

(5) All athletes who compete in the championships MUST be current members of the scottishathletics

(6) Location map and final instructions will be available on [www.scottishathletics.org.uk](http://www.scottishathletics.org.uk)

(7) All remittances should be crossed and made payable to scottishathletics. Competitors MUST wear their club colours in all events.

(8) Unless entry forms are fully completed with all details required, entries will be rejected.

Eligibility - Competitors must be Scottish by birth or either parents are Scottish or must have resided in Scotland for at least three months prior to the race.

(9) Rules relating to students in Full time education in Scotland are applicable.

(10) London Mini Marathon - Selection will be made on current form but particularly performances in the scottishathletics Indoor 3000m Champs (03/01/16) and the National Cross Country Championships. Teams will be selected in U15 and U17 Age Groups.