

Scottish Athletics
East District Cross Country Relay Championships
Livingston (Deans High School, EH54 8PS)
SATURDAY 8th October 2016

PARKING

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

TRAINS

Livingston North station is 5 minutes walk from the school, there are 3 trains an hour on a Saturday from Edinburgh Waverley

REGISTRATION, CHANGING AND TOILETS

At Deans High School. Registration opens at 10.30pm. There are no toilets at the course

YOUNG ATHLETES TEAMS

1st Lap U13

2nd Lap U15 OR U13

3rd Lap U17 OR U15.

SENIOR/JUNIOR/MASTERS WOMENS TEAMS

3 Laps

SENIOR/JUNIOR/MASTERS MENS TEAMS

4 Laps

MASTERS TEAMS

Men and Women Masters are AGED 40 on the day of the race and need to

(1) Clearly mark on the declaration form on the day which teams are Masters.

(2) Mark a **LARGE** and **CLEAR** "V" on their numbers.

There are medals for 1st three Masters teams for Men and Women.

CLUB TENTS/GAZEBOS

There is ample room for tents/gazebos on either side of the Start/Finish area.

Note the guidelines for erecting them on the event page

PRESENTATIONS

All medal presentations including the Senior Men will take place at the finish immediately after each race. This includes the Master's team medals.

INELIGIBLE ATHLETES

Athletes can only run once, any team with an athlete running a 2nd time will have the whole team removed from the results.

Athletes who compete in a 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.

Non observance of the above leaves the whole field and the officials uninsured in the event of an accident, leaves the athlete at a health risk in the case of a wrong identification of the athlete, and makes the results invalid as an historic record.

CAFÉ

There will be a Café in the high school.

HOST CLUBS

The District thanks Lothian Running Club for hosting this year's relays.

Alex Jackson

East District Secretary