

scottishathletics East District XC Championships 2016

Balgownie Playing Fields, Aberdeen

COURSE INFORMATION

- Declarations will be at Balgownie Pavillion
- First race is at 11:30
- Declarations open at 10 AM

Race	Course	Distance	Start
U13 Girls	Start – A-B-C-F-G-H-I-A- Finish	3,100m	11:30
U13 Boys	Start – A-B-C-F-G-H-I-A- Finish	3,100m	11:45
U15 Girls	Start – A-B-C-F-A (x 2) - Finish	4,000m	12:00
U15 Boys	Start – A-B-C-F-A (x 2) - Finish	4,000m	12:20
U17 Women	Start – A-B-C-F-A-B-C-F-G-H-I-A- Finish	4,900m	12:40
U20 Women			
Senior Women	Start - A-B-C-D-E-C-F-G-H-I-A (x 2) – Finish	6,600m	13:00
U17 Men	Start - A-B-C-D-E-C-F-G-H-I-A (x 2) – Finish	6,600m	13:30
U20 Men	Start - [A-B-C-D-E-C-F-G-H-I-A] (x2) - [A-B-C-F-A] — Finish	8,400m	
Senior Men	Start - A-B-C-D-E-C-F-G-H-I-A (x 3) – Finish	9,700m	14:00



Start/Finish straight only run at start and end of each race, not between laps

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INFORMATION & PARKING



PARKING

- Limited parking is available at Balgownie Playing Fields (AB22 8LX) – priority will be given to coaches and officials
- Additional parking is available at Aberdeen Innovation Park (AB22 8GT) from where there is an access path to the playing fields
- Access to all parking off Balgownie Road

TOILETS & FACILITIES

- Toilets, showering and changing facilities available all day at Balgownie Pavillion
- Food will be available for purchase at Balgownie Pavilion

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