

LIVINGSTON ATHLETIC CLUB

CROSS COUNTRY SERIES 2016

**Saturday 1 October
Saturday 12 November**

**Dechmont Law Park,
Livingston**

11.30 - U11 (1.3K)

11.45 - U13 (1.7K)

12.00 - U15/U17W (2.4K)

12.20 - U17M/SEN (3.9K)

£3.50 per race (free for members)

Pre-entry online only at

www.livingstonac.com/xc

scottishathletics permit event run under UK Athletics rules

EVENT DETAILS

1. Entries

- a. Entries must be made in advance using the online entry form at www.livingstonac.com/xc with payment by credit/debit card via PayPal.
- b. Entry fees are £3.50 per event per athlete. All fees payable in advance.
- c. Entries close on the Wednesday before the race at midnight. Late entries are not accepted and there is NO entry on the day.
- d. Entry fees are non-refundable if the competition or races are cancelled due to reasons outwith the club's control (e.g. weather).

2. Age Groups

- a. The meeting is open to male and female athletes in age groups under 11 to masters. Athletes must be at least 9 years of age on the day of competition.
- b. Age group cut offs are; **U11** – born after 31/08/2005 and aged 9+; **U13** – 01/09/2003 to 31/08/2005; **U15** – 01/09/2001 to 31/08/2003; **U17** – 01/09/1999 to 31/08/2001; **SEN** – born before 01/09/1999.

3. Declarations - Declarations will open at 10.30 am in the Gallery at Deans Community High School and will close 30 minutes before the published start time of each race.

4. Medals - For Livingston members, Club Championship medals will be presented after the second event for the overall 1st/2nd/3rd place for each age group (U11/U13/U15/U17/SEN). U20s, Seniors and Masters will be combined for medal purposes. Guests are not eligible for medals.

5. This is a **scottishathletics** permit event run under UK Athletics rules.

For further information, please email secretary@livingstonac.com.

LOCATION

Parking and Declarations: Deans Community High School, Livingston, EH54 8PS



From **Edinburgh or Glasgow:**

- Leave the M8 at Junction 3.
- Head south on the A899 towards Livingston. Take the 1st exit off the A899, signposted "Deans".
- Take the 3rd exit (right) at the mini roundabout. Then take the 2nd exit (straight) at the next mini roundabout.
- Continue to follow the signposts for "Deans", taking the 3rd exit (right) at Eliburn North roundabout
- Take the 2nd exit (straight) at the next roundabout outside Morrisons supermarket.
- At the next mini roundabout take the 3rd exit (right).
- You will then see Deans Community High School on your left with an access road to the car park 200m on your left.