

Scottish Athletics
East District Cross Country Relay Championships
Glamis Castle, Angus, DD8 1RJ
SATURDAY 14th October 2017

PARKING

Car Parking is in the Start/Finish field (see map) Entrance/Exit before the Castle.
Coach parking is in the Castle Car Park. NO Car Parking in the Castle Car Park.
PLEASE CAR SHARE IF POSSIBLE.

CLUB TENTS/GAZEBOS

Will be in the fenced area close to the Start/Finish (see map).
Note the guidelines for erecting them in adverse weather on the event page.

DECLARATIONS

In the marquee close to the Start/Finish.

TOILETS

There will be mobile toilets in the Start/Finish field. Toilets in the Castle can also be used.

CHANGING/SHOWERS

There are no facilities for changing or showers. Come changed or use club tents.
Do not use the castle toilets to wash.

COURSES

The courses are mainly on flattish ground with a short hill near the finish of each lap.
The Young Athlete's Lap is suitable for short spikes.
The Senior's Lap is not suitable for spikes.

FIRST AID

Will be located near the Start/Finish

LITTER

Please take you litter home with you. We need to leave the Start/Finish field clear of litter.

REFRESHMENTS

There is a Café and a Resturant at the Castle.

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.

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.

RESULTS

Will be posted on Scottish Athletics website the day after the event.

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.

THANKS

The District thanks Forfar Road Runners for all there work in hosting the event and Glamis Castle for use of their grounds to hold the event.

Alex Jackson

East District Cross Country Secretary

Scottish Athletics