

Scottish National Cross Country Championships
Falkirk (Callender Park)
SATURDAY 21st February 2009

PARKING

Parking is at Graeme High School with overflow parking at the business centre at the east end of Callender Park.

DECLARATIONS

Open 9.30am in the Foyer Area of Graeme High School

Team Managers should collect envelopes containing numbers. A list of athletes entered will be attached.

U20 Women and U17 Women run together. They should wear the numbers 20 or 17 provided on their BACK.

CHANGING

In Graeme High School. Males in the Main Hall. Females in the Female Changing Rooms

PRESENTATIONS

Individual presentations will take place immediately after each race. Team presentations will take place on the course as they are available.

SPORTS GOODS

Specialist running shop Run and Become will have a selection of goods on display at Graeme High School foyer including the **event tee shirts** and 12 and 15mm spikes!!! Also some special offers from **Puma**, Scottish athletics kit sponsor. Impossible to bring the whole shop but any special requests call 0131 313 5300 or e-mail edinburgh@runandbecome.com

BEHAVIOUR

When the National Cross Country Championships was held at Falkirk in 2002 there was unacceptable damage done within Graeme High School to property as well as anti social behaviour. Clubs and Team Managers are requested to ensure that Athletes behave in a responsible manner in the school and that there is no damage to any equipment or facilities. Suitable adult supervision should be provided for young athletes by clubs.

Strictly no spikes or racing shoes should be worn in the school.

HOST CLUB

Our thanks to the members of Falkirk Victoria Harriers whose efforts again assist in hosting the National are appreciated

Alex Jackson
Secretary
Cross Country and Road Running Commission