

Event **SCOTTISH NATIONAL CROSS COUNTRY CHAMPIONSHIPS**  
 Venue **FALKIRK (Callendar Park)**  
 Date **SATURDAY 21st February 2009**

RACE	DECLARATIONS CLOSE	RACE STARTS	DISTANCE	ENTRY FEE (per athlete)
Under 13 Boys	11.00	11.30	3,200 metres	<b>£3.00</b>
Under 13 Girls	11.15	11.45	3,200 "	<b>£3.00</b>
Under 15 Boys	11.30	12.00	4,000 "	<b>£3.00</b>
Under 15 Girls	11.45	12.15	4,000 "	<b>£3.00</b>
U17 / U20 Women	12.05	12.35	4,800 "	<b>£3.00 / £4.50</b>
Under 17 Men	12.25	12.55	6,400 "	<b>£3.00</b>
Senior Women	12.55	1.25	8,000 "	<b>£4.50</b>
Under 20 Men	1.30	2.00	8,000 "	<b>£4.50</b>
Senior Men	2.00	2.30	12,000 "	<b>£4.50</b>

**QUALIFICATION CONDITIONS** All athletes who compete in the championships **MUST** be current members of the Scottish Athletics Membership scheme. To register or renew call 0131 476 7321. Please note - all entries will be scrutinised.

**UKA RULE 5(3)(i)** Full time students at recognised establishments of Higher Education shall be eligible to compete in the event for their College or University provided that their First Claim Club is not competing.

**Notes:-** Entries by First or Second Class Post with correct Postage for envelope size and cheque enclosed. Please do not use Recorded or Special Delivery as this can cause delays.

**Acknowledgement of entries and relevant information will be sent to Club Secretary unless SAE with another address is enclosed with entries.**

**Under 20 Women and Under 17 Women run in the same race but compete for separate individual and team Championship medals.**

Doping Control officers may be in attendance at this event

All remittances should be crossed and made payable to "Scottish Athletics".

Club Affiliation fees **must** have been paid

Competitors **must** wear their **club colours** in all events

Athletes must wear clothing suitable for cross-country running in cold weather

Unless entry forms are fully completed with all details required, the scrutiny meeting will be forced to reject the entry.

The Graeme High School premises must be respected and will be patrolled at all times.

**Due to the loss of Scottish Power as sponsors of this event there will be no Prize Money in 2009.**

ENTRIES CLOSE first post on **SATURDAY 31<sup>st</sup> JANUARY 2009**

**WITH**  
 ALEX JACKSON  
 26 MORTONHALL PARK CRESCENT  
 EDINBURGH EH17 8SY

**NO LATE ENTRIES**  
 Cheques to be made payable to Scottish Athletics  
 e-mail - Alex.Jackson@ed.ac.uk

