

Event **SCOTTISH NATIONAL CROSS COUNTRY CHAMPIONSHIPS**
Senior/Under 20 Races - Final Races in the scottishathletics Cross Country Grand Prix Series
2011/12

Venue **FALKIRK (Callendar Park)** Date **SATURDAY 18th February 2012**

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

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.

No acknowledgement of entries will be sent unless a SAE is enclosed with the entries. For an e-mail acknowledgement e-mail alex.jackson@ed.ac.uk

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

Athletes who compete in an 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.

The above two issues are so important that the RR&CC Commission asks Club Secretaries and team managers for this co-operation in enforcing these rules.

The Commission will, however, closely monitor athletes and Clubs not observing these rules. Any transgression may result in a disciplinary procedure.

Students in Full-time Education in Scotland (CHANGE FROM LAST WINTER)

Students in full-time education in Scotland may compete as First claim for both their educational establishment and another Scottish club but not in the same competition. This is provided that the educational establishment Club is confined to students of that establishment. Thus a student may be entered for two clubs but has to choose one at declaration.

Club Affiliation fees must have been paid.

ENTRIES CLOSE first post on SATURDAY 28th JANUARY 2011

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