

SCOTTISH NATIONAL CROSS COUNTRY CHAMPIONSHIPS
–Incorporating the
Final Races in the SAL Cross Country Grand Prix Series 2012/13
FALKIRK (Callendar Park)
SATURDAY 23rd February 2013

RACE	DECLARATIONS CLOSE	RACE STARTS	DISTANCE	ENTRY FEE (per athlete)
Under 13 Boys	11.00	11.30	3,200 metres	£3.50
Under 13 Girls	11.15	11.45	3,200 "	£3.50
Under 15 Boys	11.30	12.00	4,000 "	£3.50
Under 15 Girls	11.45	12.15	4,000 "	£3.50
U17 / U20 Women	12.05	12.35	4,800 "	£3.50/ £5.00
Under 17 Men	12.25	12.55	6,400 "	£3.50
Senior Women	12.55	1.25	8,000 "	£5.00
Under 20 Men	1.30	2.00	8,000 "	£5.00
Senior Men	2.00	2.30	12,000 "	£5.00

(1) For the first time all the Championships will be recorded and timed by chip attached to athlete's laces. All athletes MUST wear a chip AND a number pinned to the club vest. In the U17W and U20W numbers will be worn back and front.

(2) Clubs entering are asked to provide one marshal to assist on the course. The name and contact email for the marshal should be emailed not later than Saturday 9th February to alex.jackson@ed.ac.uk who will also answer any questions on marshalling.

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 admin@scottishathletics.org.uk

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.

The RR&CC Commission asks Club Secretaries and team managers for 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.

ENTRIES CLOSE first post on **MONDAY 4th FEBRUARY 2013**

TO: National CC Entries
 SCOTTISH ATHLETICS
 CALEDONIA HOUSE, SOUTH GYLE
 EDINBURGH EH12 9DQ

NO LATE ENTRIES
 Cheques to be made payable to Scottish Athletics
 e-mail - admin@scottishathletics.org.uk