

Event: **scottishathletics SHORT COURSE CROSS COUNTRY CHAMPIONSHIPS**

Venue: **BELLAHOUSTON PARK, GLASGOW** (Registration and declarations at Bellahouston Sports Centre)

Date: **SUNDAY 10th November 2013**

| RACE | DECLARATIONS CLOSE | RACE STARTS | DISTANCE | ENTRY FEE |
|-----------------------|-----------------------|----------------|--------------|-------------------|
| Under 15 Girls | 10.30 | 11.00 | 2,000 metres | £3.50 per athlete |
| Under 15 Boys | 10.45 | 11.15 | 2,000 metres | £3.50 per athlete |
| Under 17 Women | 11.00 | 11.30 | 3,000 metres | £3.50 per athlete |
| Under 17 Men | 11.20 | 11.50 | 3,000 metres | £3.50 per athlete |
| Senior/Under 20 Women | 11.40 | 12.10 | 4,000 metres | £5.00 per athlete |
| Senior/Under 20 Men | 12.05 | 12.35 | 4,000 metres | £5.00 per athlete |

IMPORTANT NOTES

- (1) Under 20 athletes are those born between 1 September 1993 and 31 August 1996.
- (2) Location map etc will be shown on the Scottish Athletics website www.scottishathletics.org.uk
- (3) Team scoring for Senior Races is 4 for Men and 3 for Women; Young Athlete Races 3 for all races.

ENTRIES CLOSE first post on MONDAY 28 OCTOBER 2013

Entries by post please with cheque enclosed to the address below.

With:- Alex Jackson

26 Mortonhall Park Crescent

Edinburgh

EH17 8SY

NO LATE ENTRIES

Cheques payable to 'Scottish Athletics'

No acknowledgement of entries will be sent unless a SAE is enclosed with the entries.

NOTES

Athletes who compete in an SAL championship MUST be a current member 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 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.