

East District Cross Country League

Stirling 20th October 2018

(1) Start/Finish Tent Area

We don't use the areas we have used in the past at Stirling for above, please see course map for this year's location

(2) Toilets

There will be mobile toilets near the Tent Area. There will also as previous years be toilets in the Sports Pavilion.

(3) Recording Slips

Recording slips should be filled in with athlete's initial and name in CLEAR writing.

For Under 15 Girls/Under 17 Women's race both age groups should be listed in finish order on one recording slip with an "L" beside each Under 17 Women's name.

(4) Scoring

Under 11, Under 13 , Under 15 Boys and Under 15 Girls/ Under 17 Women races are all 3 to score

Senior/Junior/Master's Women are 4 to score

Senior/Junior/Master's Men are 6 to score

Master's Men and Master's Women are 3 to score.

Master's athletes (Over 40) should have a large "V" next to their club number.