

# COMPETITION INFORMATION SHEET

Event: East District Cross Country Championships

Venue: Balgownie Playing Fields, Balgownie Road, Bridge of Don, Aberdeen, AB22 8LX

Registration: Balgownie Playing Fields, Balgownie Road, Bridge of Don, Aberdeen, AB22 8LX

Date: Saturday 8th December 2018

Race	Age Group	BORN DURING	Declarations		Race Starts	Distance
			Close			
Under 13 Girls	U13	01/09/2005 to 31/08/2007	1100hrs		1130hrs	3200m
Under 13 Boys	U13	01/09/2005 to 31/08/2007	1115hrs		1145hrs	3200m
Under 15 Girls	U15	01/09/2003 to 31/08/2005	1130hrs		1200hrs	4000m
Under 15 Boys	U15	01/09/2003 to 31/08/2005	1150hrs		1220hrs	4000m
Under 17 Women	U17	01/09/2001 to 31/08/2003	1210hrs		1240hrs	5500m
U20 Women	U20	01/09/1998 to 31/08/2001				6500m
Senior Women	SEN	BORN BEFORE 01/09/1998	1245hrs		1315hrs	8500m
Masters Women	MAS	Age on Day 40+				
Under 17 Men	U17	01/09/2001 to 31/08/2003	1325hrs		1355hrs	5500m
U20 Men	U20	01/09/1998 to 31/08/2001				6500m
Senior Men	SEN	BORN BEFORE 01/09/1998	1345hrs		1415hrs	8500m
Masters Men	MAS	Age on Day 40+				

Entries Close midnight on: **Thursday 22nd November 2018** **NO LATE ENTRIES**

Please e-mail completed entry forms to: [events@scottishathletics.org.uk](mailto:events@scottishathletics.org.uk)

or return by post to: East District XC Champs  
scottishathletics Ltd, Caledonia House, South Gyle, Edinburgh, EH12 9DQ

**Bank Details:** RBS, Sort Code: 83-19-04 Acc No 00667222

## Important Notes

- (1) U17 & U20 Women will run together, U17 & U20 Men will run together with all age groups having separate teams.
  - (2) All athletes who compete in the championships MUST be current members of the scottishathletics Membership Scheme and be eligible to compete in the East District Championships. As per UKA Rule 21
  - (3) Location map and final instructions will be available on [www.scottishathletics.org.uk](http://www.scottishathletics.org.uk)
  - (4) This event is the principal race for East athlete selection of Inter District Teams for Stirling on 12th January 2019.
  - (5) Club Affiliation fees MUST have been paid to scottishathletics for season 2018/19. Competitors MUST wear their club colours in all events.
  - (6) Unless entry forms are fully completed with all details required, entries will be rejected.
  - (7) Rules relating to students in Full time education in Scotland are applicable.
- for guidance on these rules please visit the Road Running Commission Website.
- (8) By entering all athletes agree that photographs and/or video footage may be taken and used for PR/Marketing purposes.
  - (9) Club entries must ensure that entrants are medically fit to compete, have no medical issues or disability that would endanger themselves or others by taking part (and will not run if unfit to do so on the day).