

# COMPETITION INFORMATION SHEET

Event: scottishathletics National Cross Country Championships

**NATIONAL**

Venue: Callendar Park, Falkirk, FK1 1YR

Registration: Graeme High School, Callendar Rd, Falkirk, FK1 1SY

Date: Saturday 23rd February 2019

Race	Age Group	BORN DURING	Declarations		Race Starts	Distance (approx)
			Close			
Under 13 Girls	U13	01/09/2005 to 31/08/2007	1030hrs		1100hrs	3.1km
Under 13 Boys	U13	01/09/2005 to 31/08/2007	1045hrs		1116hrs	3.1km
Under 15 Girls	U15	01/09/2003 to 31/08/2005	1100hrs		1132hrs	4.1km
Under 15 Boys	U15	01/09/2003 to 31/08/2005	1120hrs		1153hrs	4.1km
Under 17 Men	U17	01/09/2001 to 31/08/2003	1145hrs		1215hrs	6.0km
Under 17 Women	U17	01/09/2001 to 31/08/2003	1155hrs		1225hrs	6.0km
Senior Women	SW	BORN BEFORE 01/09/1998	1230hrs		1300hrs	10km
U20 Men	U20	01/09/1998 31/08/2001	1325hrs		1355hrs	7.5km
U20 Women	U20	01/09/1998 to 31/08/2001	1330hrs		1400hrs	7.5km
Senior Men		BORN BEFORE 01/09/1998	1420hrs		1450hrs	10km

Entries Close MIDNIGHT on:

**Thursday 7th February**

**NO LATE ENTRIES**

Postal Address for Entries:

National XC c/o Events Team,  
scottishathletics Ltd, Caledonia House, South Gyle, Edinburgh, EH12 9DQ

email address:

[events@scottishathletics.org.uk](mailto:events@scottishathletics.org.uk)

**Bank Details:**

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

**Important Notes**

- (1) These Championships will be recorded and timed by CHIPS attached to athletes shoe laces. All athletes must wear a CHIP and number pinned to their club vest. U17W and U20W must wear numbers front and back.
- (2) These Championships will be timed using a disposable CHIP system, there is no requirement to return used CHIPS at the end of the race.
- (3) Clubs entering are asked to provide two marshalls to assist on the course. Names and contact details for the marshals should be emailed no later than Monday 11th February to alex.jackson@ed.ac.uk.
- (4) Under 17 Women will run with Under 20 Women with all age groups having seperate teams.
- (5) All athletes who compete in the championships MUST be current members of the scottishathletics Membership Scheme and be eligible to compete. As per UKA Rule 21
- (6) Location map and final instructions will be available on [www.scottishathletics.org.uk](http://www.scottishathletics.org.uk)
- (7) All remittances should be crossed and made payable to scottishathletics.
- (8) Competitors MUST wear their club colours in all events.
- (9) Unless entry forms are fully completed with all details required, entries will be rejected.
- (10) Rules relating to students in Full time education in Scotland are applicable.
- (11) By entering all athletes agree that photographs and/or video footage may be taken and used for PR/Marketing purposes.
- (12) 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).

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