

Lindsays National Short Course Cross Country Championships 2019
Kirkcaldy High School, Dunnikier Way, Kirkcaldy, KY1 3LR
Saturday 9th November 2019

PARKING

Officials Parking only will be permitted within the school premises.
All other vehicles must park at the NHS Car Park off Whyteman's Brae.
Please park responsibly.
Coaches may drop off at the School Grounds, but must then park within the Crematorium Car Park indicated on the course map.

TENTS/GAZEBOS

Vehicles with Tents and Gazebo's will be allowed to park in the car park beside the football pitches.
Clubs who wish to park there can apply for a Car Park Permit for a Tent by emailing events@scottishathletics.org.uk, before 12noon on Thursday 7th November.
Permits are strictly 1 per club and are only for cars with Tents or Gazebo's cars must be parked before 1100hrs.
NO coaches should park or drop off in this car park.

DECLARATIONS

Declarations will take place within the Kirkcaldy High School.
Open from 09:30 where you will pick up your number & chip. Make sure you pick up BOTH.
Under 20 Athletes will be given TWO sets of numbers to be worn Front and Back
Masters Athletes will be given a number for their front and an Age Banding (40, 50 or 60) for their back.

CHIPS

Results are by chip timing. If an athlete doesn't have a chip on their shoe they won't be in the results. **NO CHIP. NO RESULT.**
Disposable CHIPS will be in use at this event, therefore there is no requirement to return this at the end of the race.

There is a separate envelope for each athlete containing Timing chip, safety pins instructions on how to attach chip to laces and athlete's number. **Team Managers should collect only the envelopes for athletes who are competing.**

FACILITIES

Changing: There will be **NO** Changing and Shower facilities available within Kirkcaldy High School. Please come ready to run.

Toilets: There are toilet facilities available within the school.

Catering: Available within the School Canteen.

Please remember to dispose of all litter correctly.

PRESENTATIONS

Individual presentations will take place immediately after each race at the course.
Team presentations will take place on the course as they are available.
In all 6 races teams are 3 to score with the exception of the Senior/Junior Men and Women which is 4 to score.