

COMPETITION INFORMATION SHEET

Event: Lindsays **scottishathletics** Short Course Cross Country Championships
(Incorporating Masters Championships)
Venue: Kirkcaldy High School, Dunnikier Way, Kirkcaldy, KY1 3LR
Registration: Kirkcaldy High School, Dunnikier Way, Kirkcaldy, KY1 3LR
Date: Saturday 9th November 2019

Race	Age Group	BORN DURING	Declarations Close	Race Starts	Distance (Approx)
Under 15 Girls	U15	01/09/2004 to 31/08/2006	1130hrs	1200hrs	2000m
Under 15 Boys	U15	01/09/2004 to 31/08/2006	1145hrs	1215hrs	2000m
Under 17 Women	U17	01/09/2002 to 31/08/2004	1200hrs	1230hrs	3000m
Under 17 Men	U17	01/09/2002 to 31/08/2004	1220hrs	1250hrs	3000m
Senior Women		BORN BEFORE 01/09/1999			
Master Women W40/W50/W60		Age On Day	1240hrs	1310hrs	4000m
U20 Women		01/09/1999 to 31/08/2002			
Senior Men		BORN BEFORE 01/09/1999			
Master Men M40/M50/M60		Age on Day	1310hrs	1340hrs	4000m
U20 Men		01/09/1998 to 31/08/2001			

Entries Close **Thursday 24th October 2019** **NO LATE ENTRIES**

Email Entries: events@scottishathletics.org.uk

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

Important Notes

(1) Location map and additional information will be shown on the scottishathletics website - www.scottishathletics.org.uk

(2) Team scoring for Senior Races is 4 for Men and 4 for Women. Young athlete races 3 for all races.

(3) U20 and Masters athletes are eligible for individual and team medals in the Senior race as well as individual medals in their age category.

(4) Athletes who compete in scottishathletics championships **MUST** be a current member of the scottishathletics membership scheme at the time of entry and on the event date. As per UKA Rule 21

(5) 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.

(6) Students in full-time education in Scotland may compete as 1st claim for both their educational establishment and another Scottish club but not in the same competition. This is provided that the educational establishment Club is confined to students of that establishment. Thus a student may be entered for two clubs but has to choose one at declaration.

(7) By entering all athletes agree that photographs and/or video footage may be taken and used for PR/Marketing purposes.

(8) Club entries must ensure that entrants are medically fit to compete, have no medical issues or disabilities that would endanger themselves or others by taking part (and will not run if unfit to do so on the day)