



**LIVINGSTON  
ATHLETIC CLUB**

# ***CROSS COUNTRY SERIES 2019***

**Saturday 5 October**

**Saturday 16 November**

**Dechmont Law Park,  
Livingston**

**11.15 - U9 (1.3K)**

**11.30 - U11 (1.3K)**

**11.45 - U13 (1.7K)**

**12.00 - U15 (2.4K)**

**12.20 - U17/SEN (3.8K)**

**£4 per race (free for members)**

**Pre-entry online only at**

**[www.livingstonac.com/xc](http://www.livingstonac.com/xc)**

# EVENT DETAILS

## 1. Entries

- a. Entries must be made in advance using the online entry form at [www.livingstonac.com/xc](http://www.livingstonac.com/xc) with payment by credit/debit card via PayPal.
- b. Entry fee is £4 per athlete payable in advance.
- c. Entries close at 9.00 pm on Friday, the day before the race. There's no entry on the day.
- d. Entry fees are non-refundable if the competition or races are cancelled due to reasons outwith the club's control (e.g. weather).

## 2. Age Groups

- a. The meeting is open to male and female athletes in age groups Under 9 to Masters. Athletes must be at least 7 years of age on the day of competition.
- b. Age group cut offs are; **U9** – 01/09/2010 to 31/08/2012; **U11** – 01/09/2008 to 31/08/2010; **U13** – 01/09/2006 to 31/08/2008; **U15** - 01/09/2004 to 31/08/2006; **U17** - 01/09/2002 to 31/08/2004; **SEN** – born before 01/09/2002.

**3. Declarations** - Declarations will open at 10.30 am in the declarations tent at the start/finish area, and will close 30 minutes before the published start time of each race.

**4. Medals** – Medals will be presented on the day to the overall 1st/2nd/3rd place for each age group (U9/U11/U13/U15/U17/SEN). U20s, Seniors and Masters will be combined for medal purposes. Livingston AC Club Championships will be presented at a later date to Livingston AC athletes.

**5.** This is a **scottishathletics** licensed event run under UK Athletics rules.  
Entry data and results will be shared with **scottishathletics**.



# LOCATION

**Parking: Deans Community High School, Livingston, EH54 8PS**



From **Edinburgh** or **Glasgow**:

- Leave the M8 at Junction 3.
- Head south on the A899 towards Livingston. Take the 1<sup>st</sup> exit off the A899, signposted "Deans".
- Take the 3<sup>rd</sup> exit (right) at the mini roundabout. Then take the 2<sup>nd</sup> exit (straight) at the next mini roundabout.
- Continue to follow the signposts for "Deans", taking the 3<sup>rd</sup> exit (right) at Eliburn North roundabout
- Take the 2<sup>nd</sup> exit (straight) at the next roundabout outside Morrisons supermarket.
- At the next mini roundabout take the 3<sup>rd</sup> exit (right).
- You will then see Deans Community High School on your left with an access road to the car park 200m on your left.