

## East District Cross Country League

Livingston, Deans, Saturday 18<sup>th</sup> January 2020

### (1) Parking

The car park at Dean Community High school is not large.

There is overflow parking at Middlewood Park as close to the course as the school.  
(see course map)

### (2) Toilets

Toilets are in the school. There are also Toilets at the course (see "T" on course map)

### (3) Recording Slips

Collected from declarations in the school

Recording slips should be filled in with athlete's initial and name in CLEAR writing.

For Under 15 Girls/Under 17 Women's race both age groups should be listed in finish order on one recording slip with an "L" beside each Under 17 Women's name.

Recording slips should be filled in with athlete's FIRST NAME and second name in CLEAR writing.

### (4) Scoring

Under 11, Under 13 , Under 15 Boys and Under 15 Girls/ Under 17 Women races are all 3 to score

Senior/Junior/Master's Women are 4 to score

Senior/Junior/Master's Men are 6 to score

Master's Men and Master's Women are 3 to score.

Master's athletes (Over 40) should have a large "V" next to their club number

### (5) Results/Trophy Presentations

Results will be posted at declarations in the school. League Trophies presented there at approx. 4.00pm