



**LIVINGSTON
ATHLETIC CLUB**

CROSS COUNTRY SERIES 2021

Saturday 2 October

Saturday 13 November

**Dechmont Law Park,
Livingston**

11.15 - U9 (1.3K)

11.30 - U11 (1.3K)

11.45 - U13 (1.6K)

12.00 - U15 (2.4K)

12.20 - U17/SEN (3.7K)

£5 per race (free for Livingston AC athletes)

Enter online at:

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 with payment by credit/debit card via PayPal.
- b. Entries close on Wednesday before each event at midnight. There's no entry on the day.
- c. 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** – 01/09/2012 to 31/08/2014; **U11** – 01/09/2010 to 31/08/2012; **U13** – 01/09/2008 to 31/08/2010; **U15** - 01/09/2006 to 31/08/2008; **U17** - 01/09/2004 to 31/08/2006; **SEN** – born 31/08/2004 or before.

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 1st exit off the A899, signposted "Deans".
- Take the 3rd exit (right) at the mini roundabout. Then take the 2nd exit (straight) at the next mini roundabout.
- Continue to follow the signposts for "Deans", taking the 3rd exit (right) at Elburn North roundabout
- Take the 2nd exit (straight) at the next roundabout outside Morrisons supermarket.
- At the next mini roundabout take the 3rd 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.