

COMPETITION INFORMATION SHEET

Event: **scottishathletics Inter District Cross Country Championships**

Venue: Irvine Beach Park, Beach Drive, Irvine, KA12 8FA

Registration: Irvine Beach Park, Beach Drive, Irvine, KA12 8FA

Date: Saturday 15th January 2022

Race	Age Group	BORN DURING		Declarations Close	Race Starts	Distance (Approx)
Under 13 Girls	U13	01/09/2008 to	31/08/2010	1030hrs	1100hrs	3000m
Under 13 Boys	U13	01/09/2008 to	31/08/2010	1045hrs	1115hrs	3000m
Under 15 Girls	U15	01/09/2006 to	31/08/2008	1100hrs	1130hrs	4000m
Under 15 Boys	U15	01/09/2006 to	31/08/2008	1120hrs	1150hrs	4000m
Under 17 Women	U17	01/09/2004 to	31/08/2006	1140hrs	1210hrs	6000m
Under 17 Men	U17	01/09/2004 to	31/08/2006	1205hrs	1235hrs	6000m
Senior Women	SW	BORN BEFORE	31/08/2001	1230hrs	1300hrs	7000m
U20 Women	U20W	01/09/2001 to	31/08/2004			
Senior Men	SM	BORN BEFORE	31/08/2001	1305hrs	1335hrs	7000m
U20 Men	U20M	01/09/2001 to	31/08/2004			

Entry Information

All athletes will be advised of their selection via their district rep or team manager

Email Enquiries:

events@scottishathletics.org.uk

Important Notes

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

(2) Team scoring for all Races is 6 to count.

(3) All selected athletes must be members of scottishathletics at the time of the event. Athletes with an out of date membership cannot be added after the selection date.

(4) A selected athlete MUST not be substituted by a non-selected 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.

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

(6) Athletes agree that they are medically fit to compete, have no medical issues or disability that would endanger themselves or others by taking part (and will not run if unfit to do so on the day).

(7) Any athlete with Additional Support Needs should contact scottishathletics for an athlete assistance form.

EAST DISTRICT CROSS COUNTRY SELECTION POLICY 2021/22

This document aims to ensure that the selection process is clear and transparent to everyone.

There are two occasions when teams are selected to represent the East District in Cross Country Competitions: -

Inter Districts Cross Country (*Incorporated into UK CC Challenge*) - Stirling

Event Date 15 Jan 2022

Selection Date 6 Dec 2021

Teams SEN/ U17/ U15/ U13 |

Selection Notes

District teams are up to 15 to run with 6 to score.

Selection for U13, U15, U17, Senior/Junior Male & Females will be 1st 10 from **East District Cross Country Championships at Stirling on Saturday 4th December** plus up to 5 others on all known form with weighting to Stirling.

The Senior Teams may include some U20 athletes. The U20's and Seniors compete in separate races of different distances at the East District Championships which makes head-to-head comparisons difficult.

The Selectors therefore have to make a judgement as to which U20's might be considered for the Senior Team.

Inter Counties Cross Country - Loughborough

Event Date 12 March 22

Selection Date 28 Feb 2022

Teams SEN / U20 / U17

Athlete Cont. £30

Selection Notes

Selection will be made largely on results from the **National Cross Country Championships at Falkirk on Saturday 26th February 2022**.

Entries for this race must be made by the end of January 2022, therefore entries are submitted before the final selection race. Senior Athletes should keep selectors informed of their availability for this competition.

IMPORTANT INFORMATION:-

If an athletes name appears on the start list this DOES NOT guarantee that they will be selected for the final East District Team.

The East District do not select U13 athletes for this competition. Only U13 athletes who have competed in earlier UK Cross Country Challenge meetings are able to enter and compete, making their own arrangements for travel and accommodation to this competition.

Full Selection policy for Cross Country and Road Running for 2021/22 can be found on the [scottishathletics](https://www.scottishathletics.org.uk/athletes/performance/selection-policies-international-handbooks/) website: <https://www.scottishathletics.org.uk/athletes/performance/selection-policies-international-handbooks/>

Contact:

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Chair East District Selectors

Cross Country and Road Running Commission

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