

East District Cross Country League

Livingston, Deans, EH54 8PS

Saturday 22nd January 2022

(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) School/Toilets

There is NO ACCESS to Deans School for changing or toilets. Toilets are at the Course (see map)

(3) Recording Slips

Slips will not be given out on the day. See **NEW FOR 2021-22** on front page of East League website at East District League Home (salroadrunningandcrosscountrymedalists.co.uk)

(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 on the East League on the day after the event. There will be no trophy presentations on the day. The 13 league champion Trophies will be presented at appropriate times afterwards i.e., Club training nights.

Thanks to Lothian RC and Linlithgow AC for hosting to-days meeting and to Teviotdale Harrier and Dundee Hawkhill Harriers for hosting the other 2 league meeting in 2021-22