

# COMPETITION INFORMATION SHEET

Event: scottishathletics National Cross Country Championships

**NATIONAL**

Venue: Callendar Park, Falkirk, FK1 1YR

Registration: Registration Marquee, Callendar House, Callendar Park, Falkirk, FK1 1YR

Date: Saturday 26th February 2022

Race	Age Group	BORN DURING	Declarations		Race Starts	Team Scoring	Distance (approx)
			Close				
Under 13 Girls	U13	01/09/2008 to 31/08/2010	1030hrs		1100hrs	4	3.2km
Under 13 Boys	U13	01/09/2008 to 31/08/2010	1046hrs		1116hrs	4	3.2km
Under 15 Girls	U15	01/09/2006 to 31/08/2008	1102hrs		1132hrs	4	4.3km
Under 15 Boys	U15	01/09/2006 to 31/08/2008	1123hrs		1153hrs	4	4.3km
Under 17 Men	U17	01/09/2004 to 31/08/2006	1145hrs		1215hrs	4	6.2km
Under 17 Women	U17	01/09/2004 to 31/08/2006	1150hrs		1220hrs	3	6.2km
Senior Women	SW	BORN BEFORE 31/08/2001	1225hrs		1255hrs	6	10km
U20 Men	U20	01/09/2001 to 31/08/2004	1320hrs		1350hrs	4	6.8km
U20 Women	U20	01/09/2001 to 31/08/2004	1325hrs		1355hrs	3	6.8km
Senior Men inc Non Binary		BORN BEFORE 31/08/2001	1400hrs		1430hrs	6	10km

Entries Close MIDNIGHT on: **Thursday 10th February**

**NO LATE ENTRIES**

email address: [events@scottishathletics.org.uk](mailto:events@scottishathletics.org.uk)

**Bank Details:** RBS, Sort Code: 83-19-04 Acc No 00667222

## **Important Notes**

- (1) These Championships will be recorded and timed by CHIPS attached to athletes shoe laces. All athletes must wear a CHIP and number pinned to their club vest. Under 20 and Under 17 Women will wear a YELLOW number on their front.
- (2) These Championships will be timed using a disposable CHIP system, there is no requirement to return used CHIPS at the end of the race.
- (3) Clubs entering are asked to provide two marshalls to assist on the course. Names and contact details for the marshals should be emailed no later than Wednesday 18th February to [alex@runningresults.co.uk](mailto:alex@runningresults.co.uk)
- (4) All athletes who compete in the championships MUST be current members of the scottishathletics Membership Scheme and be eligible to compete. As per UKA Rule G2 (21)
- (5) Location map and final instructions will be available on [www.scottishathletics.org.uk](http://www.scottishathletics.org.uk)
- (6) Competitors MUST wear their club colours in all events.
- (8) Rules relating to students in Full time education in Scotland are applicable.
- (9) By entering all athletes agree that photographs and/or video footage may be taken and used for PR/Marketing purposes.
- (10) Club entries must ensure that entrants 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).
- (11) Any athlete with Additional Support Needs should contact scottishathletics for an athlete assistance form.

*lindsays*

**SCOTTISH  
CROSSCOUNTRY  
SEASON**



## scottishathletics Club Tents and Gazebos

Club Tents and Gazebo's not only give club members and officials a suitable place to meet, prepare and recover from races they also enhance the atmosphere and spectacle of events. **scottishathletics** actively encourage clubs to bring tents, gazebos or other coverings to events however these must be erected safely and correctly for the enjoyment, safety and comfort of all concerned. All clubs should make themselves aware of and consider the following **DO's** and **DON'TS**.

**DO** – Bring along your club tent or gazebo to provide shelter for your athletes

**DO** – Bring along the tent to create a great atmosphere at the event

**DO** – Pitch your tent in an easily identifiable location

**DO** – Bring a ground sheet for extra comfort

**DO** – Secure your tent properly using adequate pegs and guy ropes especially in windy conditions

**DO** – Assess the weather conditions for safety of others and your tent – Check the Forecast!

**DO** – Ensure your site does not create a hazard for athletes/officials or spectators

**DO** – Ensure sight lines for the event referee and officials are not affected

**DO** – Bring a bin bag for any rubbish

**DO** – Help one another to put up and take down your tent

**DON'T** – Pitch your tent on the Start/Finish Line

**DON'T** – Pitch your tent on the course

**DON'T** – Allow your tent to be unsecured against the wind/elements

**DON'T** – Pitch your tents too close to one another – we recommend you leave at least 2m clear on all sides.

**DON'T** – Leave rubbish behind – please tidy up

- ALWAYS CONSIDER THE SAFETY OF OTHERS WHEN ERECTING YOUR TENT
- TENTS MUST BE SECURED EFFECTIVELY AGAINST THE WEATHER
- IF IN DOUBT DO NOT ERECT YOUR TENT

## **scottishathletics Standard COVID-19 Protocols for Event Attendees**

Due to the ongoing COVID-19 pandemic there are a number of changes to procedures and protocols for all attendees at **scottishathletics** events. These changes are for everyone's safety, and all attendees must take responsibility for their own hygiene and safe conduct before, during and after attending any event.

### **COVID-19 Testing and NHS Scotland Test & Protect**

You should NOT attend an event if-

- You have COVID-19 symptoms.
- Someone in your household has COVID-19 symptoms.
- If you have been asked to self-isolate at home by the [Scottish Government Test and Protect system](#).
- If you are returning from a country outside the UK you must follow the Scottish Government guidance on quarantine.

**scottishathletics** supports NHS Scotland's Test & Protect programme. This will require that your contact details be shared with NHS Scotland, if requested in relation to a potential COVID-19 outbreak. We have made this decision to protect all competitors, attendees and volunteers at our events. Details shared will be your name and contact number only.

### **Spectators**

Under current guidance, limited numbers of spectators are permitted to attend events (maximum numbers depend on the level of the local authority at the time and the venue's capacity).

#### **Stadium Events – Track & Field**

Any spectators (including coaches) should apply for accreditation through the **scottishathletics** fixture page for the event they would like to attend.

#### **Non Stadium Events – Cross Country**

Team Managers or other club representative should be responsible for maintaining a record of non competing persons at an event. The Team Managers details will be provided to NHS Scotland if requested.

### **Physical Distancing**

Although physical distancing is no longer required within the covid secure environment, **scottishathletics** recommend that athletes and spectators should remain 1m apart when possible.

### **Face Coverings**

All event attendees are reminded to bring suitable face coverings with them when attending events as everyone is expected to wear a face covering whilst indoors. Please be aware that attendees who do not comply with this requirement may be asked to leave, or may be refused entry.

### **Toilets, Changing, Storage and Catering**

Toilets only will be available. Athletes and officials must wear a face covering when indoors.

There will also be no dedicated changing areas. Athletes are encouraged to arrive prepared to compete. There will also be no designated bag drop/storage area, so athletes are asked to bring only what they will need during the competition.

Attendees should bring their own refreshments as required. Any rubbish should be disposed of in the bins provided or taken away with you - do not leave anything in the warm up area, at the competition site or in spectator areas.