

East District Cross Country League

Hawick Moor Racecourse TD9 OPD

Saturday 15th October 2022

(1) Venue

The race course is on the south side of the town. Follow the signs with CROSS COUNTRY going through the town centre. There are now 20mph speed limits going through towns on the A7 south from Edinburgh, **leave ample time to get to the venue.**

(2) Parking

All parking is at the venue, see course map, following the directions of the Teviotdale Harriers parking marshals. If possible car share.

(3) Courses

The courses are suitable for spikes

(4) Club Tents/Gazebos

Should be erected as marked on the Course Map

(5) Toilets

There will be mobile toilets at the venue

(6) Recording Slips

Slips are no longer given out on the day. See front page of East League website at [East District League Home \(salroadrunningandcrosscountrymedalists.co.uk\)](http://EastDistrictLeagueHome(salroadrunningandcrosscountrymedalists.co.uk)) on how athletes names should be submitted.

(7) 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

(8) Results

Will be posted on the league website

(9) Food

There will be no food available at the venue.