

COMPETITION INFORMATION SHEET

Event: East District Cross Country Championships

EDXC

Venue: University of Stirling, Stirling, FK9 4LA

Registration: University of Stirling Sports Centre, University Rd W, Stirling, FK9 4LA

Date: Saturday 3rd December 2022

Race	Age Group	BORN DURING	Declarations Close	Race Starts	Distance Approx.
Under 13 Girls	U13	01/09/2009 to 31/08/2011	1100hrs	1130hrs	3200m
Under 13 Boys	U13	01/09/2009 to 31/08/2011	1115hrs	1145hrs	3200m
Under 15 Girls	U15	01/09/2007 to 31/08/2009	1130hrs	1200hrs	4200m
Under 15 Boys	U15	01/09/2007 to 31/08/2009	1150hrs	1220hrs	4200m
Under 17 Men	U17	01/09/2005 to 31/08/2007	1210hrs	1240hrs	5700m
Under 17 Women	U17	01/09/2005 to 31/08/2007	1215hrs	1245hrs	5700m
U20 Men	U20	01/09/2002 to 31/08/2005	1235hrs	1305hrs	6400m
U20 Women	U20	01/09/2002 to 31/08/2005	1240hrs	1310hrs	6400m
Senior Women	SEN	BORN ON/BEFORE 31/08/2002	1305hrs	1335hrs	8600m
Masters Women	MAS	Age on Day 40+			
Senior Men	SEN	BORN ON/BEFORE 31/08/2002	1350hrs	1420hrs	8600m
Masters Men	MAS	Age on Day 40+			
Non Binary	NB				

Entries Close: **5pm Thursday 17th November 2022**

NO LATE ENTRIES

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

Important Notes

- (1) All athletes who compete in the championships **MUST** be current members of the scottishathletics Membership Scheme and be eligible to compete in the East District Championships. As per UKA Rule G2
- (2) Location map and final instructions will be available on www.scottishathletics.org.uk
- (3) This event is the principal race for East athlete selection of Inter District Teams for Scone on 14th January 2023
- (4) Competitors **MUST** wear their club colours in all events.
- (5) Rules relating to students in Full time education in Scotland are applicable.
for guidance on these rules please visit the Road Running Commission Website.
- (6) By entering all athletes agree that photographs and/or video footage may be taken and used for PR/Marketing purposes.
- (7) 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).
- (8) Any athlete with Additional Support Needs should contact scottishathletics for an athlete assistance form.