

COMPETITION INFORMATION SHEET

Event: East District Cross Country Relay Championships **EAST XCR**
 (Incorporating Masters Championships)
 Parking Venue: Dechmont Law, Deans, Livingston
 Deans Community High School, Eastwood Park, Livingston, EH54 8PS
 Declarations: (7min walk to course)
 Date: Saturday 7th October 2023

Race	Age Group	BORN DURING	Declarations Close	Race Starts	Laps
YOUNG FEMALES	U13	01/09/2010 to 31/08/2012			
	U15	01/09/2008 to 31/08/2010	1130hrs	1200hrs	3x2500m
	U17	01/09/2006 to 31/08/2008			
YOUNG MALES	U13	01/09/2010 to 31/08/2012			
	U15	01/09/2008 to 31/08/2010	1210hrs	1240hrs	3x2500m
	U17	01/09/2006 to 31/08/2008			
SENIOR/JUNIOR + MASTERS WOMEN		BORN BEFORE 01/09/2006 Masters Age on Day	1250hrs	1320hrs	3x4000m
SENIOR/JUNIOR + MASTERS MEN <small>inc Non Binary Race</small>		BORN BEFORE 01/09/2006 Masters Age on Day	1350hrs	1420hrs	4x4000m

Entires Close: **Thur 21st September 2023 @ 5pm** **NO LATE ENTRIES**

All entries must be submitted through the club portal

YOUNG ATHLETES RACES

1st LAP Under 13	2nd LAP Under 15 OR Under 13	3rd LAP Under 17 OR Under 15
------------------	---------------------------------	---------------------------------

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

Important Notes

- (1) District relays incorporate Masters Championships. There will be a set of Masters gold, silver and bronze medals for both Men and Women. Masters Age Group: from 40 for both Men and Women on race day.
- (2) All entered athletes must be members of scottishathletics at the time of the closing date and be in date on race day.
- (3) Athletes who have an out of date membership cannot be added after the closing date.
- (4) All competitors MUST compete in the declared order, and an entered athlete MUST NOT be substituted by a non-entered athlete at any time.
- (5) Club colours MUST be worn
- (6) Students in Full-time Education in Scotland
Students in full-time education in Scotland may compete as 1st claim for both their educational establishment and another Scottish club, but not in the same competition. This is provided that the educational establishment club is confined to students of that establishment. Thus, a student may be entered for two clubs but has to choose one at declaration.
- (7) Further information, including Location Map and Course Map, will be available on the Scottish Athletics website.
- (8) Club's may only enter as many eligible athletes in their squad as they choose, teams will then be selected from these lists on the day.
- (9) 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).
By entering all athletes agree that Photographs and/or video footage may be taken and used for PR/Marketing purposes.
- (10) Any athlete with Additional Support Needs should contact scottishathletics for an athlete assistance form.