

COMPETITION INFORMATION SHEET

Event **EAST DISTRICT CROSS COUNTRY RELAYS**

Venue **PRESTONPANS (Meadowmill Sports Centre)**

Date **SATURDAY 11th OCTOBER 2008**

RACE	AGE GROUP	BORN DURING	DECLARATIONS CLOSE	RACE STARTS	LAPS
YOUNG FEMALES	U13	1/9/95 to 31/8/97	12.00 noon	12.30pm	3 x 2,500 metres
	U15	1/9/93 to 31/8/95			
	U17	1/9/91 to 31/8/93			
YOUNG MALES	U13	1/9/95 to 31/8/97	12.30 pm	1.00pm	3 x 2,500 metres
	U15	1/9/93 to 31/8/95			
	U17	1/9/91 to 31/8/93			
SENIOR/JUNIOR WOMEN		BORN BEFORE 1/9/91	1.00pm	1.30pm	3 X 4,000 metres
SENIOR/JUNIOR MEN		BORN BEFORE 1/9/91	2.00pm	2.30pm	4 X 4,000 metres

ENTRIES CLOSE first post on **SATURDAY 27th SEPTEMBER 2008** WITH :-

ALEX JACKSON

26 MORTONHALL PARK CRESCENT
EDINBURGH, EH17 8SY

NO LATE ENTRIES

ENTRY FEES	YOUNG FEMALES	£7.50 PER TEAM	SEN./JUN. WOMEN	£10.50 PER TEAM
	YOUNG MALES	£7.50 " "	SEN./ JUN MEN	£14.00 "

YOUNG ATHLETES RACES

1st LAP Under 13

2nd LAP Under 15 OR Under 13

3rd LAP Under 17 OR Under 15

Important Specific Event Notes

(1) **Declarations and changing at Meadowmill Sports Centre.**

(2) **Courses are suitable for spikes.**

(3) **All athletes entered must be members of the Scottish Athletics Membership Scheme or have joined by the date of the race.**

(4) **No acknowledgement of entries will be sent unless a SAE is enclosed with the entries. For an e-mail acknowledgement e-mail alex.jackson@ed.ac.uk**

(5) **Location Map and Course Map will be available on the Scottish Athletics website.**

a) All remittances should be crossed and made payable to " Scottish Athletics ".

b) **Club Affiliation fees must have been paid**

c) In relay events all competitors **must** compete in the **declared** order

d) Competitors **must** wear their **club colours** in all events

e) Unless entry forms are fully completed with all details required, the scrutiny meeting will be forced to reject the entry.

Event supported by EAST LoTHIAN COUNCIL.