



**EAST DISTRICT CROSS COUNTRY  
CHAMPIONSHIPS  
CUPAR (Bell Baxter High School)  
SATURDAY 6th December 2008**

RACE	DECLARATIONS CLOSE	RACE STARTS	DISTANCE	ENTRY FEE
Under 13 Girls	12.00	12.30	3,200 metres	<b>£2.50</b> per athlete
Under 13 Boys	12.15	12.45	3,200 "	<b>£2.50</b> " "
Under 15 Girls & Under 17 Women	12.30	1.00	4,400 "	<b>£2.50</b> " "
Under 15 Boys	12.50	1.20	4,400 "	<b>£2.50</b> " "
Sen/Jun Women	1.05	1.35	6,400 "	<b>£4.00</b> " "
Under 17 Men	1.35	2.05	6,400 "	<b>£2.50</b> " "
Sen/Jun Men	2.00	2.30	10,000 "	<b>£4.00</b> " "

**IMPORTANT NOTES**

- (1) Car Parking, Declarations and Changing at Bell Baxter High School**
- (2) It is approx 0.5 mile from the High School to the Start/Finish area**
- (3) Under 17 Women will run with Under 15 Girls with both age groups having separate teams**
- (4) All athletes who compete in the championships MUST be current members of the Scottish Athletics Membership Scheme.**
- (5) Acknowledgement of entries and location map will be sent to Club Secretary unless SAE with another address is enclosed with entries.**
- (6) This event is the principal race for East athlete selection of Inter District Teams for Edinburgh on 10<sup>th</sup> January 2009.**

ENTRIES CLOSE first post on **SATURDAY 22<sup>th</sup> NOVEMBER 2008**

WITH

ALEX JACKSON

26 MORTONHALL PARK CRESCENT      Cheques to be made payable to Scottish Athletics  
EDINBURGH      EH17 8SY

**Notes:**

- a) All remittances should be crossed and made payable to "Scottish Athletics".
- b) **Club** affiliation fees **must** have been paid
- c) Competitors **must** wear their **club colours** in all events
- d) Unless entry forms are fully completed with all details required, the scrutiny meeting will be forced to reject the entry