

# COMPETITION INFORMATION SHEET

Event **EAST DISTRICT CROSS COUNTRY RELAYS**

Venue **PRESTONPANS (Meadowmill Sports Centre)**

Date **SATURDAY 10th OCTOBER 2009**

RACE	AGE GROUP	BORN DURING	DECLARATIONS CLOSE	RACE STARTS	LAPS
YOUNG FEMALES	U13	1/9/96 to 31/8/98	12.00 noon	<b>12.30pm</b>	3 x 2,500 metres
	U15	1/9/94 to 31/8/96			
	U17	1/9/92 to 31/8/94			
YOUNG MALES	U13	1/9/96 to 31/8/98	12.35 pm	<b>1.05pm</b>	3 x 2,500 metres
	U15	1/9/94 to 31/8/96			
	U17	1/9/92 to 31/8/94			
SENIOR/JUNIOR WOMEN		BORN BEFORE 1/9/92	1.10pm	<b>1.40pm</b>	3 X 4,000 metres
SENIOR/JUNIOR MEN		BORN BEFORE 1/9/92	2.10pm	<b>2.40pm</b>	4 X 4,000 metres

ENTRIES CLOSE first post on **SATURDAY 26<sup>th</sup> SEPTEMBER 2009** WITH :-

ALEX JACKSON  
26 MORTONHALL PARK CRESCENT  
EDINBURGH, EH17 8SY

**NO LATE ENTRIES**

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

## YOUNG ATHLETE RACES

**1<sup>st</sup> LAP Under 13 - 2<sup>nd</sup> LAP Under 15 OR Under 13 - 3<sup>rd</sup> 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](mailto: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.

### **Students in Full-time Education in Scotland**

Students in full-time education in Scotland may, at the start of the season, nominate their First Claim Club as their education establishment. This is provided that the Club is confined to students of that establishment and that the Club is affiliated to Scottish Athletics. A first claim member of an education establishment Club may compete, in SAL permitted races, for a second claim Scottish Club in Open team races provided their first claim Club is not entered.

**Event supported by EAST Lothian Council.**