



**EAST DISTRICT CROSS COUNTRY
CHAMPIONSHIPS
LIVINGSTON (New Deans High School)
SATURDAY 5th December 2009**

RACE	DECLARATIONS CLOSE	RACE STARTS	DISTANCE	ENTRY FEE
Under 13 Girls	12.00	12.30	3,200 metres	£2.50 per athlete
Under 13 Boys	12.15	12.45	3,200 "	£2.50 " "
Under 15 Girls & Under 17 Women	12.30	1.00	4,400 "	£2.50 " "
Under 15 Boys	12.50	1.20	4,400 "	£2.50 " "
Sen/Jun Women	1.05	1.35	6,400 "	£4.00 " "
Under 17 Men	1.35	2.05	6,400 "	£2.50 " "
Sen/Jun Men	2.00	2.30	9,600 "	£4.00 " "

IMPORTANT NOTES

- (1) **Changing/Declarations are at the New Deans High School beside the old school.
Car Parking is limited, please car share when possible and use the overflow Car parks**
- (2) **Senior/Junior Women's team is 4 to score rather than 3 to score as previous seasons.**
- (3) **All athletes who compete in the championships MUST be current members of the Scottish Athletics Membership Scheme.**
- (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) **This event is the principal race for East athlete selection of Inter District Teams for Edinburgh on 9th January 2010**

ENTRIES CLOSE first post on **SATURDAY 21st NOVEMBER 2009**

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
- e) In men's events competitors must be (a) Scots by birth or either of whose parents are Scots, or (b) must have resided in Scotland for at least three months prior to the race.

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.

East District Cross-Country Championships At Livingston - Saturday December 5th 2009

Notes for Competitors

Location

Declarations, changing, showers and refreshments
Deans Community High School.

The **new school** is ½ mile north of Livingston North Station and Carmondean Shopping Centre. (see inset location map overleaf).

Trains from Edinburgh Waverley, at 18 & 48 minutes past each hour, (via Haymarket & Edinburgh Park) take 24 minutes.

Parking

Parking is very limited.

Please share lifts, walk, run, cycle, hitch-hike, or come by bus or train.

Courses

Are in Dechmont Law Country Park, behind the school. Access is now through the school. The course is signposted and is less than 400m from the west gate.

Some details are shown on the sketch map overleaf.

The courses are new, though are mostly on sections used for previous events. All are based on the same 3.2 K lap but avoiding some of the more exposed and soggy ground in favour of more on sheltered undulating terrain in woodland.

The courses are all suitable for spikes.

Competitors are advised to recce their course, but should take care not to impede races in progress.

We are grateful to West Lothian Council for splendid assistance in preparing the grass trails.