

COMPETITION INFORMATION SHEET

Event **EAST DISTRICT CROSS COUNTRY RELAYS (Incorporating Masters's Relays)**

Venue **DUNDEE (Camperdown Park)** Date **SATURDAY 8th OCTOBER 2011**

RACE	AGE GROUP	BORN DURING	DECLARATIONS CLOSE	RACE STARTS	LAPS
YOUNG FEMALES	U13	1/9/98 to 31/8/00	12.00 noon	12.30pm	3 x 2,500 metres
	U15	1/9/96 to 31/8/98			
	U17	1/9/94 to 31/8/96			
YOUNG MALES	U13	1/9/98 to 31/8/00	12.35 pm	1.05pm	3 x 2,500 metres
	U15	1/9/96 to 31/8/98			
	U17	1/9/94 to 31/8/96			
SENIOR/JUNIOR WOMEN		BORN BEFORE 1/9/94	1.10pm	1.40pm	3 X 4,000 metres
SENIOR/JUNIOR MEN		BORN BEFORE 1/9/94	2.10pm	2.40pm	4 X 4,000 metres

ENTRIES CLOSE first post on **SATURDAY 24th SEPTEMBER 2011** 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 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 Teams with ages starting at 40 for both Men and Women, age on day of race.

(2) Athletes who compete in an SAL championship MUST be current members of the Scottish Athletics Membership Scheme. Furthermore, an entered athlete MUST not be substituted by a non-entered athlete at any time

(3) Students in Full-time Education in Scotland (CHANGE FROM LAST WINTER)

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.

(4) Entries by First or Second Class Post with correct Postage for envelope size and cheque enclosed
All remittances should be crossed and made payable to " Scottish Athletics ".

(6) Club Affiliation fees must have been paid.

(7) 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

(8) Further information including Location Map and Course Map will be available on the Scottish Athletics website

Scottish Athletics
East District Cross Country Relay Championships
Camperdown Park, Dundee
Saturday 8th October 2011

SPIKES

The Young Athletes Lap is suitable for spikes,
The Seniors Lap is probably suitable for spikes.(Amended 7/10/11)

YOUNG ATHLETES TEAMS

1st Lap U13
2nd Lap U15 OR U13
3rd Lap U17 OR U15.

MASTERS TEAMS

Men and Women Masters are aged 40 on day of the race and need to
(1) Clearly mark on the declaration form on the day which teams are Masters.
(2) Mark a large and clear “V” on their numbers.
There are medals for 1st three Masters teams for Men and Women.

PRESENTATIONS

Young Females, Young Males, Sen/Jun Women and Masters Women’s medal presentations will take place at the finish immediately after each race. Men’s presentations in the Ice Arena at approx 4.15pm

UNELIGABLE ATHLETES

Athletes can only run once, any team with an athlete running a 2nd time will have the whole team removed from the results.

Athletes who compete in a SAL championship MUST be current members of the Scottish Athletics Membership Scheme.

Furthermore, an entered athlete MUST not be substituted by a non-entered athlete at any time.

Non observance of the above leaves the whole field and the officials uninsured in the event of an accident, leaves the athlete at a health risk in the case of a wrong identification of the athlete, and makes the results invalid as an historic record.

CAFÉ

There is Café in the Ice Arena, if possible please use it.

Alex Jackson
East District Secretary