

COMPETITION INFORMATION SHEET

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

Venue **CUMBERNAULD** Date **SATURDAY 22nd 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 8th OCTOBER 2011** WITH :-

ALEX JACKSON

26 MORTONHALL PARK CRESCENT
EDINBURGH, EH17 8SY

NO LATE ENTRIES

ENTRY FEES	YOUNG FEMALES	£9.00 PER TEAM	SEN./JUN. WOMEN	£12.00 PER TEAM
	YOUNG MALES	£9.00 " "	SEN./ JUN MEN	£16.00 "

YOUNG ATHLETES RACES

1st LAP Under 13 2nd LAP Under 15 OR Under 13 3rd LAP Under 17 OR Under 15

IMPORTANT NOTES

(1) National 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



scottishathletics



**National Cross Country Relay Championships (incorporating Masters Relays)
Cumbernauld (Cumbernauld Park)
SATURDAY 22nd October 2011**

PARKING

Is at Cumbernauld High School G67 2UF. Access for the slip road to the school from the A8011 to Kildrum Road is closed due to road works. Take the next slip road for alternative route to the school. **Please car share if at all possible, the school car park will fill up..**

DECLARATIONS.

Team Managers should fill in the declaration form provided on the day at the school. A list of athletes entered will be attached. All undeclared numbers must be returned with declarations forms at the school

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

COURSE LOCATION

By foot 1.5mile from school. Route will be signposted through housing estate and down to Cumbernauld Park.

PARKING AT THE COURSE IS STRICTLY LIMITED AND WILL BE BY PERMIT ONLY. ATHLETES SHOULD PARK AT THE SCHOOL AND MAKE THEIR WAY TO THE COURSE ON FOOT.

SPORTS GOODS

Specialist running shop Run and Become will have a selection of goods on display at Cumbernauld High School foyer including 12 and 15mm spikes!!! Also some special offers on spikes, studs and hats and gloves. Impossible to bring the whole shop but any special requests call 0131 313 5300 or e-mail edinburgh@runandbecome.com

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 athlete at a health risk in the case of a wrong identification of an athlete and makes the results invalid as an historic record.

LITTER

At last years event there was an unacceptable amount of litter left in Cumbernauld Park. Please put litter in the bins provided or take it home.

TOILETS

There will be Mobile Toilets near the Start/Finish area on the course. Please use them.

Do not use Cumbernauld Park as a toilet.

Future use of this venue may be in jeopardy if athletes don't comply with this.

Yours Sincerely

Alex Jackson

CC and RR Secretary