



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	4,300 "	£2.50 " "
Under 15 Boys	12.50	1.20	4,300 "	£2.50 " "
Sen/Jun Women	1.05	1.35	6,500 "	£4.00 " "
Under 17 Men	1.35	2.05	6,500 "	£2.50 " "
Sen/Jun Men	2.00	2.30	9,700 "	£4.00 " "

IMPORTANT NOTES

- (1) **Changing/Declarations are at the Pavilion close to Start. Car Park by Pavilion Overflow Car Park at Science and Technology Park 400 metres away.**
- (2) **This event is the principal race for East athlete selection of Inter District Teams for Edinburgh on 7th January 2012**

ENTRIES CLOSE first post on SATURDAY 26th NOVEMBER 2011

WITH

ALEX JACKSON

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

- (1) **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.**
- (2) **Students in Full-time Education in Scotland (CHANGE FROM LAST WINTER)**
Students in full-time education in Scotland may compete as First 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.
- (3) **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 ".**
- (4) **Club Affiliation fees must have been paid.**
- (5) **No acknowledgement of entries will be sent unless a SAE is enclosed with the entries. For an e-mail acknowledgement please e-mail alex.jackson@ed.ac.uk**
- (6) **Further information, including Location Map & Course Map, will be available on the Scottish Athletics website.**