

**East District Cross Country Championships  
Camperdown Park , Dundee  
Saturday 7<sup>th</sup> December 2013**

**PARKING/ DECLARATIONS / CHANGING**

Are at

**Dundee Ice Arena, Camperdown Leisure Complex 7 Dayton Drive, Dundee DD2 3SQ**

Apart from Cars with Clubs tents please do not park in Camperdown Park.

The car park at the Ice Arena is huge.

**START/FINISH**

**Is 10 minutes walk from the Ice Arena. There are no toilets at the course**

| <b>TIMETABLE</b>             | <b>Declarations Close</b> | <b>Race Starts</b> |
|------------------------------|---------------------------|--------------------|
| Under 13 Girls               | 11.00                     | 11.30              |
| Under 13 Boys                | 11.15                     | 11.45              |
| Under 15 Girls               | 11.30                     | 12.00              |
| Under 15 Boys                | 11.50                     | 12.20              |
| Under 17 &<br>Under 20 Women | 12.10                     | 12.40              |
| Senior Women                 | 12.30                     | 1.00               |
| Under 17 &<br>Under 20 Men   | 1.00                      | 1.30               |
| <b>Sen/Jun Men</b>           | 1.30                      | 2.00               |

Under 20 Women & Under 17 Women run in the same race with U20 wearing a 20 on the **BACK**

Under 20 Men & Under 17 Men run in the same race with U20 wearing a 20 on the **BACK**

**INDIVIDUAL PRESENTATIONS**

All individual awards apart from the Senior Men's will be made after each race near the finish area. Senior Men's awards presentations will be made in the Ice Arena at approx 3.45pm

**TEAM MEDALS**

There are team medals for 1<sup>st</sup> 3 teams in all age groups. These can be collected from declarations throughout the afternoon when results are known.

| RACE                         | DECLARATIONS<br>CLOSE | RACE STARTS | DISTANCE     | ENTRY FEE                |
|------------------------------|-----------------------|-------------|--------------|--------------------------|
| Under 13 Girls               | 11.00                 | 11.30       | 3,200 metres | <b>£3.00</b> per athlete |
| Under 13 Boys                | 11.15                 | 11.45       | 3,200 "      | <b>£3.00</b> " "         |
| Under 15 Girls               | 11.30                 | 12.00       | 4,000 "      | <b>£3.00</b> " "         |
| Under 15 Boys                | 11.50                 | 12.20       | 4,000 "      | <b>£3.00</b> " "         |
| Under 17 &<br>Under 20 Women | 12.10                 | 12.40       | 5,000 "      | <b>£3.00</b> " "         |
| Senior Women                 | 12.30                 | 1.00        | 6,400 "      | <b>£4.50</b> " "         |
| Under 17 &<br>Under 20 Men   | 1.00                  | 1.30        | 6,400 "      | <b>£3.00</b> " "         |
| Senior Men                   | 1.30                  | 2.00        | 8,000 "      | <b>£4.50</b> " "         |
|                              |                       |             | 9,600 "      | <b>£4.50</b> " "         |

### **IMPORTANT NOTES**

**(1) This event is the principal race for East athlete selection of Inter District Teams for Edinburgh on 11<sup>th</sup> January 2014**

**ENTRIES CLOSE first post on SATURDAY 23rd NOVEMBER 2013**

**Entries by post please with cheque enclosed to the address below.**

With:- Alex Jackson  
26 Mortonhall Park Crescent  
Edinburgh  
EH17 8SY

**NO LATE ENTRIES**

Cheques payable to 'Scottish Athletics'

**No acknowledgement of entries will be sent unless a SAE is enclosed with the entries.**

- (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 - 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 – entries with incorrect postage are unlikely to be delivered. 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.**

**"For National and District Cross Country Championships the following rule applies RULE 512 TEAM RACES An Open Team Race is one open to all affiliated Clubs within a defined geographical area. All scoring members must be eligible first claim members of that Club "**

**"Athletes must enter under the Scottish Club with which they are registered in the membership scheme. Athletes Changing Club need to do so through the appropriate form/procedure"**