



**Lindsays National Short Course Cross Country  
Championships 2016  
King George V Playing Fields, Broadloan, Renfrew, PA4 0SA  
Saturday 5<sup>th</sup> November 2016**

**PARKING**

Officials and Coach Parking only will be permitted in the small Car Park by the Administration Block. All other vehicles should park within Renfrew High School, accessible via Haining Road / Dean Park Road. Additional on street Parking is available on Broadloan. Please park responsibly.

**DECLARATIONS**

Declarations will take place within the Admin Block off Dean Park Road. Open from 09:30 where you will pick up your number & chip. Make sure you pick up BOTH.

**CHIPS**

Results are by chip timing. If an athlete doesn't have a chip on their shoe they won't be in the results. **NO CHIP. NO RESULT.**

There is a separate envelope for each athlete containing Timing chip, tie cords, instructions on how to attach chip to laces and athlete's number. **Team Managers should collect only the envelopes for athletes who are competing.**

**FACILITIES**

*Changing:* There will be Changing and Shower facilities available within the Admin Block. Please come ready to run.

*Toilets:* There are toilet facilities available within the Admin Block with further limited portable toilets available at the course.

*Catering:* There will be on site catering vans at the venue. Please remember to dispose of all litter correctly.

**PRESENTATIONS**

Individual presentations will take place immediately after each race at the course.

Team presentations will take place on the course as they are available.

In all 6 races teams are 3 to score with the exception of the Senior/Junior Men and Women which is 4 to score.

