



**National Cross Country Championships  
Falkirk FK1 1SY (Callendar Park)  
SATURDAY 25th February 2017**

**PARKING**

Parking is at Graeme High School with overflow parking at the business centre at the east end of Callender Park and at the west end of Callender Park (see course map).  
Coach Parking is at Graeme High School.  
Do not park near the high flats, parking there is for residents only.  
If it is at all possible please car share.

**CHIP DISTRIBUTION**

Opens 9am in the Foyer Area of Graeme High School (First Race 11am).  
All races apart from Senior Women, Under 20 Men and Senior Men can be collected from 9am.  
Senior Women, Under 20 Men and Senior Men chip distribution opens at 10.30am  
**Team Managers should collect only the envelopes for athletes who are competing.**  
A large receptacle would assist clubs with lots of chip envelopes to collect.

**CHIPS**

There is a separate envelope for each athlete containing:

- Timing Chip and plastic ties.
- Athlete's number

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.**

The Chips being used this year are disposable and don't need to be removed and collected at the finish.

Athletes should leave the finish area without removing their chip.

**UNDER 17 WOMEN /UNDER 20 WOMEN**

Under 17 Women and Under 20 Women run together. **Under 17** have **YELLOW** numbers, **Under 20** have **RED** numbers, both these age groups wear numbers on the **FRONT** and **BACK**.

**FACILITIES**

Changing is in Graeme High School. Males in the Main Hall. Females in the Female Changing Rooms. **Strictly no spikes or racing shoes should be worn in the school.**  
There will be toilets and catering units available at the course. If your club is bringing a tent or Gazebo please read the advice information on the event page.

**PRESENTATIONS and RESULTS**

Individual presentations will take place immediately after each race. Team presentations will take place on the course as they are available. Senior Men presentations will take place in the School. Results will be put up in Graeme High School after each race and will be posted on the **scottishathletics** website.

**CAFÉ**

The café will be open in Graeme High School from 12pm until 4.30pm.