

COMPETITION INFORMATION SHEET

Event: East District Cross Country Championships
 Venue: Deans Community High School, Eastwood Park, Livingston, EH54 8PS
 Registration: Deans Community High School, Eastwood Park, Livingston, EH54 8PS
 Date: Saturday 9th December 2017

Race	Age Group	BORN DURING	Declarations		Race Starts	Distance
			Close			
Under 13 Girls	U13	01/09/2004 to 31/08/2006	1100hrs		1130hrs	3200m
Under 13 Boys	U13	01/09/2004 to 31/08/2006	1115hrs		1145hrs	3200m
Under 15 Girls	U15	01/09/2002 to 31/08/2004	1130hrs		1200hrs	4000m
Under 15 Boys	U15	01/09/2002 to 31/08/2004	1150hrs		1220hrs	4000m
Under 17 Women	U17	01/09/2000 to 31/08/2002	1210hrs		1240hrs	5000m
U20 Women	U20	01/09/1997 to 31/08/2000				
Senior Women	SEN	BORN BEFORE 01/09/1997	1230hrs		1300hrs	6400m
Masters Women	MAS	Age on Day 40+				
Under 17 Men	U17	01/09/2000 to 31/08/2002	1300hrs		1330hrs	6400m
U20 Men	U20	01/09/1997 to 31/08/2000				8000m
Senior Men	SEN	BORN BEFORE 01/09/1997	1340hrs		1410hrs	10000m
Masters Men	MAS	Age on Day 40+				

Entries Close first post on: **Monday 27th November 2017** **NO LATE ENTRIES**

Postal Address for Entries: Alex Jackson
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Bank Details: RBS, Sort Code: 83-19-04 Acc No 00667222

Important Notes

- (1) U17 & U20 Women will run together, U17 & U20 Men will run together with all age groups having separate teams.
 - (2) All athletes who compete in the championships MUST be current members of the scottishathletics Membership Scheme and be eligible to compete in the East District Championships.
 - (3) Location map and final instructions will be available on www.scottishathletics.org.uk
 - (4) This event is the principal race for East athlete selection of Inter District Teams for Edinburgh on 13th January 2018.
 - (5) All remittances should be crossed and made payable to scottishathletics. Club Affiliation fees MUST have been paid to scottishathletics for season 2017/18. Competitors MUST wear their club colours in all events.
 - (6) Unless entry forms are fully completed with all details required, entries will be rejected.
- Eligibility - Competitors must be Scottish by birth or either parents are Scottish or must have resided in Scotland for at least three months prior to the race.
- (7) Rules relating to students in Full time education in Scotland are applicable.
- for guidance on these rules please visit the Road Running Commission Website.