



Falkirk  
**Community  
Trust**

scottishathletics



lindsays

**SCOTTISH  
CROSSCOUNTRY  
SEASON**



**Lindsays scottishathletics National Cross Country Championships  
Falkirk FK1 1SY (Callendar Park)  
SATURDAY 22nd February 2020**

**PARKING**

Parking is at Graeme High School with overflow parking at the business centre at the east end of Callendar Park and at the west end of Callendar Park (see course map).  
Coach Parking is at Graeme High School.

**Do not park near the high flats, parking there is for residents only.**

Please car share if possible.

The School Car Park will be CLOSED at 5pm.

**CHIP DISTRIBUTION**

Opens 9am in the Foyer Area of Graeme High School (First Race 11am).

All races apart from Senior Women, Under 20 Men, Under 20 Women and Senior Men can be collected from 9am.

Senior Women, Under 20 Men, Under 20 Women 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
- 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 Men and Under 20 Women will wear YELLOW numbers.

All other athletes will wear one WHITE number on the front.



## **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.

Results will be put up at the course after each race and will be posted on the **scottishathletics** website.

Team Scoring (Athletes to count)		
6	Senior Men	
6	Senior Women	
4	U13 Girls/Boys	Under 15 Girls/Boys
	U17 Men	U20 Men
3	U17 Women	U20 Women

**All Catering will be at the course – The CAFÉ within the School will be CLOSED.**