

# COMPETITION INFORMATION SHEET

Event: scottishathletics National Cross Country Championships

**NATIONAL**

Venue: Callendar Park, Falkirk, FK1 1YR

Registration: Graeme High School, Callendar Rd, Falkirk, FK1 1SY

Date: Saturday 22nd February 2020

Race	Age Group	BORN DURING	Declarations		Race Starts	Distance (approx)
			Close			
Under 13 Girls	U13	01/09/2006 to 31/08/2008	1030hrs		1100hrs	3.1km
Under 13 Boys	U13	01/09/2006 to 31/08/2008	1045hrs		1116hrs	3.1km
Under 15 Girls	U15	01/09/2004 to 31/08/2006	1100hrs		1132hrs	4.1km
Under 15 Boys	U15	01/09/2004 to 31/08/2006	1120hrs		1153hrs	4.1km
Under 17 Men	U17	01/09/2002 to 31/08/2004	1145hrs		1215hrs	6.1km
Under 17 Women	U17	01/09/2002 to 31/08/2004	<b>1150hrs</b>		<b>1220hrs</b>	6.1km
Senior Women	SW	BORN BEFORE 01/09/1999	<b>1225hrs</b>		<b>1255hrs</b>	10km
U20 Men	U20	01/09/1999 to 31/08/2002	<b>1320hrs</b>		<b>1350hrs</b>	6.7km
U20 Women	U20	01/09/1999 to 31/08/2002	<b>1325hrs</b>		<b>1355hrs</b>	6.7km
Senior Men		BORN BEFORE 01/09/1999	<b>1405hrs</b>		<b>1430hrs</b>	10km

Entries Close MIDNIGHT on: **Thursday 6th February**

**NO LATE ENTRIES**

email address: [events@scottishathletics.org.uk](mailto:events@scottishathletics.org.uk)

**Bank Details:** RBS, Sort Code: 83-19-04 Acc No 00667222

**Important Notes**

(1) These Championships will be recorded and timed by CHIPS attached to athletes shoe laces. All athletes must wear a CHIP and number pinned to their club vest. Under 20 and Under 17 Women will wear a RED number on their front and back.

(2) These Championships will be timed using a disposable CHIP system, there is no requirement to return used CHIPS at the end of the race.

(3) Clubs entering are asked to provide two marshalls to assist on the course. Names and contact details for the marshals should be emailed no later than Wednesday 12th February to alex.jackson@ed.ac.uk.

(4) All athletes who compete in the championships MUST be current members of the scottishathletics Membership Scheme and be eligible to compete. As per UKA Rule 21

(5) Location map and final instructions will be available on [www.scottishathletics.org.uk](http://www.scottishathletics.org.uk)

(6) All remittances should be crossed and made payable to scottishathletics.

(7) Competitors MUST wear their club colours in all events.

(8) Unless entry forms are fully completed with all details required, entries will be rejected.

(9) Rules relating to students in Full time education in Scotland are applicable.

(10) By entering all athletes agree that photographs and/or video footage may be taken and used for PR/Marketing purposes.

(11) Club entries must ensure that entrants are medically fit to compete, have no medical issues or disability that would endanger themselves or others by taking part (and will not run if unfit to do so on the day).

lindsays