

## **East District Cross Country League**

### **Hawick Moor Racecourse TDP OPD**

**30<sup>th</sup> October 2021**

**(1) Venue**

The race course is on the south side of the town. Follow the signs with CROSS COUNTRY going through the town centre. There are now 20mph speed limits going through towns on the A7 south from Edinburgh, **leave ample time to get to the venue.**

**(2) Parking**

All parking is at the venue, park head in from the tarmac on both sides as indicated on the course map.

**(3) Courses**

The courses are suitable for spikes

**(4) Club Tents/Gazebos**

Should be erected as marked on the Course Map

**(5) Toilets**

There will be mobile toilets at the venue

**(6) Recording Slips**

Slips will not be given out on the day. See **NEW FOR 2021-22** on front page of East League website at [East District League Home \(salroadrunningandcrosscountrymedalists.co.uk\)](http://salroadrunningandcrosscountrymedalists.co.uk)

**(7) Scoring**

Under 11, Under 13 , Under 15 Boys and Under 15 Girls/ Under 17 Women races are all 3 to score

Senior/Junior/Master's Women are 4 to score

Senior/Junior/Master's Men are 6 to score

Master's Men and Master's Women are 3 to score.

Master's athletes (Over 40) should have a large "V" next to their club number

**(8) Results**

Will be posted on the league website

**(9) Food**

There will be no food available at the venue.