

COMPETITION INFORMATION SHEET

Event: scottishathletics National Cross Country Championships

NATIONAL

Venue: Callendar Park, Falkirk, FK1 1YR

Registration: Registration Marquee, Callendar House, Callendar Park, Falkirk, FK1 1YR

Date: Saturday 25th February 2023

Race	Age Group	BORN DURING		Declarations		Team Scoring	Distance (approx)
				Close	Race Starts		
Under 13 Girls	U13	01/09/2009 to	31/08/2011	1030hrs	1100hrs	4	3.2km
Under 13 Boys	U13	01/09/2009 to	31/08/2011	1046hrs	1116hrs	4	3.2km
Under 15 Girls	U15	01/09/2007 to	31/08/2009	1102hrs	1132hrs	4	4.3km
Under 15 Boys	U15	01/09/2007 to	31/08/2009	1123hrs	1153hrs	4	4.3km
Under 17 Men	U17	01/09/2005 to	31/08/2007	1145hrs	1215hrs	4	6.2km
Under 17 Women	U17	01/09/2005 to	31/08/2007	1150hrs	1220hrs	3	6.2km
Senior Women	SW	BORN BEFORE	31/08/2002	1225hrs	1255hrs	6	10km
U20 Men	U20	01/09/2002 to	31/08/2005	1320hrs	1350hrs	4	6.8km
U20 Women	U20	01/09/2002 to	31/08/2005	1325hrs	1355hrs	3	6.8km
Senior Men inc Non Binary		BORN BEFORE	31/08/2002	1400hrs	1430hrs	6	10km

Entries Close MIDNIGHT on: **5pm Thursday 9th February**

NO LATE ENTRIES

email address: 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 YELLOW number on their front.

(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 22nd February to alex@runningresults.co.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 G2

(5) Location map and final instructions will be available on www.scottishathletics.org.uk

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

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

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

(10) 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).

(11) Any athlete with Additional Support Needs should contact scottishathletics for an athlete assistance form.