

Lindsays scottishathletics East District Cross Country Relay Championships
Dechmont Law , Livingston EH54 8PS
SATURDAY 7th OCTOBER 2023

PARKING

Car Parking is in the school car parks. PLEASE DO NOT PARK ON THE GRASS AND FOLLOW DIRECTIONS FROM CAR PARK STEWARDS.

There is also parking at Middlewood Park close to east end of the course (see course map)

PLEASE CAR SHARE IF POSSIBLE or come by TRAIN. Livingston North train station is less than 1 mile from Deans Community High School. [Trains from Edinburgh \(Waverley\) to Livingston North | Train Times \(scotrail.co.uk\)](#)

CLUB TENTS/GAZEBOS

Should be erected in the area on either side of the start/finish area well clear of the run route. In adverse weather tents may not be permitted. Note the guidelines for erecting them in adverse weather on the event page.

DECLARATIONS

In Deans Community High School from 10.15 a.m.

An online declaration process will be provided for this event via the online OpenTrack system. Team Managers and Club Contacts will receive an emailed invite to become a 'Team Manager' on OpenTrack the week before the event. Those already registered on the site will simply have to log in. If any Team Managers are not already registered, they will need to do so when accepting the invitation. Additional Team Managers can be added by emailing events@scottishathletics.org.uk with Name and Email address of the additional Team Manager.

An online guide to the declarations process is available here -

<https://docs.opentrack.run/cms/entry/relaydeclarations/>

Support for online team declarations will be provided on the day.

On the day team declarations/team pack collection will open at 1015hrs and close at 1130hrs

TOILETS

There will be mobile toilets at the course. Toilets also available in the school

CHANGING/SHOWERS

Changing and Showers will be available in Deans Community High School.

COURSES

Courses consist of grass paths and forest trails.

FIRST AID

Will be located near the Start/Finish area.

LITTER is not Permitted

Please take you litter home with you and recycle it.

REFRESHMENTS

There will be no refreshments on sale at the course or available within the school. Please bring your own snacks with you.

RACE TIMES

Young Females	1200 – 3 x 2500m
Young Males	1240 – 3 x 2500m
Sen/Jun/Masters Women	1320 – 3 x 4000m
Sen/Jun/Masters Men	1420 – 4 x 4000m

YOUNG ATHLETES' TEAMS

- 1st Lap U13
- 2nd Lap U15 OR U13
- 3rd Lap U17 OR U15

SENIOR/JUNIOR/MASTERS WOMENS TEAMS

3 Laps

SENIOR/JUNIOR/MASTERS MENS TEAMS

4 Laps - The 3rd lap runners wear a RED number.

MASTERS TEAMS

Men and Women Masters - AGED 40 on the day of the race.

Men and Women Masters teams will already have a 'V' marked next to the number for each athlete. Masters Teams will be supplied with 'V' at declarations which should be worn on the BACK of their vest.

Masters athletes can compete in non Masters teams.

PLEASE SUPPLY YOUR OWN SAFETY PINS.

PRESENTATIONS

All medal presentations will take place at the finish immediately after each race.

RESULTS

Will be posted on Scottish Athletics website.

INELIGIBLE ATHLETES

Athletes can only run once, any team with an athlete running a 2nd time will have the whole team removed from the results.

An entered athlete MUST not be substituted by a non-entered athlete at any time.

Non observance of the above leaves the whole field and the officials uninsured in the event of an accident, leaves the athlete at a health risk in the case of a wrong identification of the athlete, and makes the results invalid as an historic record.

THANKS

The District would like to thank Lothian Running Club for hosting the District Relays

Sandra Hardacre
East District Cross Country Secretary
Scottish Athletics