

# COMPETITION INFORMATION SHEET

Event: East District Cross Country Championships

**EDXC**

Venue: Balgownie Playing Fields, Balgownie Road, Bridge of Don, Aberdeen, AB22 8LX

Registration: Balgownie Playing Fields, Balgownie Road, Bridge of Don, Aberdeen, AB22 8LX

Date: Saturday 2nd December 2023

Race	Age Group	BORN DURING	Declarations		Race Starts	Distance Approx.
			Close			
Under 13 Girls	U13	01/09/2010 to 31/08/2012	1100hrs		1130hrs	3200m
Under 13 Boys	U13	01/09/2010 to 31/08/2012	1115hrs		1145hrs	3200m
Under 15 Girls	U15	01/09/2008 to 31/08/2010	1130hrs		1200hrs	4200m
Under 15 Boys	U15	01/09/2008 to 31/08/2010	1150hrs		1220hrs	4200m
Under 17 Men	U17	01/09/2006 to 31/08/2008	1210hrs		1240hrs	5700m
Under 17 Women	U17	01/09/2006 to 31/08/2008	1215hrs		1245hrs	5700m
U20 Men	U20	01/09/2003 to 31/08/2006	1235hrs		1305hrs	6400m
U20 Women	U20	01/09/2003 to 31/08/2006	1240hrs		1310hrs	6400m
Senior Women	SEN	BORN ON/BEFORE 31/08/2003	1305hrs		1335hrs	8600m
Masters Women	MAS	Age on Day 40+				
Senior Men	SEN	BORN ON/BEFORE 31/08/2003	1350hrs		1420hrs	8600m
Masters Men	MAS	Age on Day 40+				
Non Binary	NB					

Entries Close: **5pm Thursday 16th November 2023**

**NO LATE ENTRIES**

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

### **Important Notes**

(1) All athletes who compete in the championships **MUST** be current members of the scottishathletics Membership Scheme and be eligible to compete in the East District Championships. As per UKA Rule G2

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

(3) This event is the principal race for East athlete selection of Inter District Teams for Renfrew on 13th January 2024

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

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

for guidance on these rules please visit the Road Running Commission Website.

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

(7) 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).

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