

COMPETITION INFORMATION SHEET

Event: East District Cross Country Championships

EDXC

Venue: University of Stirling, FK9 4LA

Registration: University of Stirling Sports Centre, University Rd W, Stirling, FK9 4LA

Date: Saturday 30th November 2024

Race	Age Group	BORN DURING	Declarations		Race Starts	Distance
			Close			
PROVISIONAL TIMETABLE PLEASE CHECK FINAL INFORMATION FOR FINAL TIMETABLE						
Under 13 Girls	U13	01/09/2011 to 31/08/2013	1100hrs		1130hrs	3200m
Under 13 Boys	U13	01/09/2011 to 31/08/2013	1115hrs		1145hrs	3200m
Under 15 Girls	U15	01/09/2009 to 31/08/2011	1130hrs		1200hrs	4200m
Under 15 Boys	U15	01/09/2009 to 31/08/2011	1150hrs		1220hrs	4200m
Under 17 Men	U17	01/09/2007 to 31/08/2009	1210hrs		1240hrs	5700m
Under 17 Women	U17	01/09/2007 to 31/08/2009	1215hrs		1245hrs	5700m
U20 Men	U20	01/09/2004 to 31/08/2007	1235hrs		1305hrs	6400m
U20 Women	U20	01/09/2004 to 31/08/2007	1240hrs		1310hrs	6400m
Senior Women	SEN	BORN ON/BEFORE 31/08/2004	1305hrs		1335hrs	8600m
Masters Women	MAS	Age on Day 40+				
Senior Men	SEN	BORN ON/BEFORE 31/08/2004	1350hrs		1420hrs	8600m
Masters Men	MAS	Age on Day 40+				
Non Binary	NB					

Entries Close: **5pm Thursday 14th November 2024**

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

(3) This event is the principal race for East athlete selection of Inter District Teams for Glasgow on 11th January 2025

(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.