

Lindsays scottishathletics East District Cross Country Championships

Saturday 30th November 2024

University of Stirling, Stirling FK9 4LA

Parking: There is parking in the blue areas marked on the University Map - (see University Map)

Declarations: Declarations will take place within the Golf Pavilion on the north side of the course (see University Map). Only Team Managers should access this area to collect Club numbers.

Club tents: There is an area for club tents near the start/finish area. Vehicles with tents and gazebos will be allowed to park at the Officials Car Park (see University Map). Clubs who wish to park in this area can apply for a Permit by emailing - events@scottishathletics.org.uk – before 12 noon on Thursday 28th November. Permits are one per club and only for cars with tents or gazebos.

Toilets: There will be portable toilets available on site.

The course: The course is suitable for spikes and will be well marked and marshalled. **PLEASE DO NOT WARM-UP ON THE RUGBY PITCHES – THIS AREA IS OUT OF BOUNDS.**

Refreshments: There will be a Catering Vehicle selling food near the start/finish area.

TIMETABLE

Declarations open at 9.45 a.m

Race	Dis- tance	Declara- tions	Start
U13 Girls	3km	1100hrs	1130hrs
U13 Boys	3km	1115hrs	1145hrs
U15 Girls	4.2km	1130hrs	1200hrs
U15 Boys	4.2km	1150hrs	1220hrs
U17 Men	5.8km	1210hrs	1240hrs
U17 Women	5.8km	1215hrs	1245hrs
U20 Men	6.9km	1235hrs	1305hrs
U20 Women	6.9km	1240hrs	1310hrs
Senior / Master Women	8.7km	1305hrs	1335hrs
Senior / Master Men	8.7km	1350hrs	1420hrs

Under 17 Women and Under 20 Women will wear **RED** Numbers.

Lindsays scottishathletics East District Cross Country Championships

Saturday 30th November 2024

University of Stirling, Stirling FK9 4LA

INDIVIDUAL PRESENTATIONS

All individual awards will be made after each race near the finish area.

TEAM MEDALS

There are team medals for 1st 3 teams in all age groups, apart from Masters O40 Men and Women where only the 1st team will receive medals. Team Medals will be presented as soon as possible after each race near the finish area.

HOST CLUB

Our thanks to Central AC for hosting the East District XC Championships.

Sandra Hardacre
East District Secretary
CC and RR Commission