

COMPETITION INFORMATION SHEET

Event: East District Cross Country Relay Championships **EAST XCR**
 (Incorporating Masters Championships)
 Parking Venue: **ACEO Limited, 5 Royston Road, Livingston, EH54 8AH**
 Declarations: Deans Community High School, Eastwood Park, Livingston, EH54 8PS
 Date: Saturday 11th October 2025

Race	Age Group	BORN DURING		Declarations Close	Race Starts	Laps
YOUNG FEMALES	U13	01/09/2012 to	31/08/2014	1130hrs	1200hrs	3x2500m
	U15	01/09/2010 to	31/08/2012			
	U17	01/09/2008 to	31/08/2010			
YOUNG MALES	U13	01/09/2012 to	31/08/2014	1210hrs	1240hrs	3x2500m
	U15	01/09/2010 to	31/08/2012			
	U17	01/09/2008 to	31/08/2010			
SENIOR/JUNIOR + MASTERS WOMEN		BORN BEFORE 01/09/2008 Masters Age on Day		1250hrs	1320hrs	3x4000m
SENIOR/JUNIOR + MASTERS MEN inc Non Binary Race		BORN BEFORE 01/09/2008 Masters Age on Day		1350hrs	1420hrs	4x4000m
Entries Close:		Thur 25th September 2025 @ 5pm			<u>NO LATE ENTRIES</u>	
All entries must be submitted through the club portal						

YOUNG ATHLETES RACES

1st LAP Under 13 2nd LAP Under 15 OR Under 13 3rd LAP Under 17 OR Under 15

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

Important Notes

- (1) District relays incorporate Masters Championships. There will be a set of Masters gold, silver and bronze medals for both Men and Women. Masters Age Group: from 40 for both Men and Women on race day.
- (2) All declared athletes must be members of scottishathletics and be in date on race day.
- (3) Athletes who have an out of date membership cannot be declared.
- (4) All competitors MUST compete in the declared order, and an entered athlete MUST NOT be substituted by a non-entered athlete at any time.
- (5) Club colours MUST be worn
- (6) Students in Full-time Education in Scotland
Students in full-time education in Scotland may compete as 1st claim for both their educational establishment and another Scottish club, but not in the same competition. This is provided that the educational establishment club is confined to students of that establishment. Thus, a student may be entered for two clubs but has to choose one at declaration.
- (7) Further information, including Location Map and Course Map, will be available on the Scottish Athletics website.
- (8) Club's should declare at least one eligible athletes at the time of entry, teams will then be selected from valid membership lists on the day via an online declaration system.
- (9) 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).
By entering all athletes agree that Photographs and/or video footage may be taken and used for PR/Marketing purposes.
- (10) Any athlete with Additional Support Needs should contact scottishathletics for an athlete assistance form.