

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: At the Course - Dechmont Law
 Date: Saturday 10th October 2026

BORN IN					Declarations Close	Race Starts	Laps
Race	Age Group	BORN IN			Close	Race Starts	Laps
YOUNG FEMALES	U14	2014	OR	2015	1130hrs	1200hrs	3x2500m
	U16	2012	OR	2013			
	U18	2010	OR	2011			
YOUNG MALES	U14	2014	OR	2015	1210hrs	1240hrs	3x2500m
	U16	2012	OR	2013			
	U18	2010	OR	2011			
SENIOR/JUNIOR + MASTERS WOMEN	BORN BEFORE 2010 Masters Age on Day				1250hrs	1320hrs	3x4000m
SENIOR/JUNIOR + MASTERS MEN inc Non Binary Race	BORN BEFORE 2010 Masters Age on Day				1350hrs	1420hrs	4x4000m
Entries Close:	Thur 24th September 2026 @ 5pm				NO LATE ENTRIES		
All entries must be submitted through the JustGo System							

YOUNG ATHLETES RACES

1st LAP Under 14 2nd LAP Under 16 OR Under 14 3rd LAP Under 18 OR Under 16

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- (3) Athletes who have an out of date membership cannot be declared.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. To opt out please contact Scottish Athletics
- (10) Any athlete with Additional Support Needs should contact scottishathletics for an athlete assistance form.