

COMPETITION INFORMATION SHEET

Event: East District Cross Country Relay Championships
(Incorporating Masters Championships)
Venue: Peebles (Peebles High School)
Date: Sunday 11th October 2015

Race	Age Group	BORN DURING		Declarations Close	Race Starts	Laps
YOUNG FEMALES	U13	01/09/02 to	31/08/04			
	U15	01/09/00 to	31/08/02	1200hrs	1230hrs	3x2500m
	U17	01/09/98 to	31/08/00			
YOUNG MALES	U13	01/09/02 to	31/08/04			
	U15	01/09/00 to	31/08/02	1235hrs	1305hrs	3x2500m
	U17	01/09/98 to	31/08/00			
SENIOR/JUNIOR WOMEN		BORN BEFORE 01/09/98		1310hrs	1340hrs	3x4000m
SENIOR/JUNIOR MEN		BORN BEFORE 01/09/98		1410hrs	1440hrs	4x4000m
Entries Close first post on:		Saturday 26th September		<u>NO LATE ENTRIES</u>		
Postal Address for Entries:		East XC Relays 26 Mortonhall Park Crescent, Edinburgh, EH17 8SY				
YOUNG ATHLETES RACES						
1st LAP Under 13		2nd LAP Under 15 OR Under 13		3rd LAP Under 17 OR Under 15		

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 Teams - Masters Age Group from 40 for both Men and Women – age on day.

(2) Athletes who compete in an SAL championship MUST be current members of the Scottish Athletics Membership Scheme. Furthermore, an entered athlete MUST not be substituted by a non-entered athlete at any time.

(3) All competitors MUST compete in this declared order, and club colours must be worn.

(4) 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

(5) Entries by First or Second Class Post with correct Postage for envelope size and cheque enclosed

All remittances should be crossed and made payable to " Scottish Athletics ".

(6) Club Affiliation fees must have been paid.

(7) No acknowledgement of entries will be sent unless a SAE is enclosed with the entries.

(8) Further information, including Location Map and Course Map, will be available on the Scottish Athletics website.