

COMPETITION INFORMATION SHEET

Event: West District Cross Country Championships
 Venue: Mosshill Industrial Estate, by Ayr, KA6 6BE
 Registration: Reception Area, Main Office Building, Mosshill Industrial Estate By Ayr, KA6 6BE
 Date: Sunday 4th December 2016

Race	Age Group	BORN DURING	Declarations		Race Starts	Distance
			Close			
Under 13 Girls	U13	01/09/2003 to 31/08/2005	1100hrs		1130hrs	3200m
Under 13 Boys	U13	01/09/2003 to 31/08/2005	1115hrs		1145hrs	3200m
Under 15 Girls	U15	01/09/2001 to 31/08/2003	1130hrs		1200hrs	4000m
Under 15 Boys	U15	01/09/2001 to 31/08/2003	1150hrs		1220hrs	4000m
Under 17 Women	U17	01/09/1999 to 31/08/2001	1210hrs		1240hrs	5000m
U20 Women	U20	01/09/1996 to 31/08/1999				
Senior Women		BORN BEFORE 01/09/1996	1230hrs		1300hrs	6400m
Under 17 Men	U17	01/09/1999 to 31/08/2001	1300hrs		1330hrs	6400m
U20 Men	U20	01/09/1996 to 31/08/1999				8000m
Senior Men		BORN BEFORE 01/09/1996	1330hrs		1400hrs	10000m

Entries Close first post on: **Monday 21st November 2016** **NO LATE ENTRIES**
 Postal Address for Entries: Claire Archbold
 scottishathletics Ltd, Caledonia House, South Gyle, Edinburgh, EH12 9DQ
 email address: events@scottishathletics.org.uk

Important Notes

- (1) Under 17 Women/Men will run with Under 20 Women/Men with all age groups having separate teams. Masters Age Groups are age on the day of race.
- (2) All athletes who compete in the championships MUST be current members of the scottishathletics
- (3) Location map and final instructions will be available on www.scottishathletics.org.uk
- (4) This event is the principal race for West athlete selection of Inter District Teams for Edinburgh on 7th January 2017.
- (5) All remittances should be crossed and made payable to scottishathletics. Club Affiliation fees MUST have been paid to scottishathletics for season 2016/17. Competitors MUST wear their club colours in all events.
- (6) Unless entry forms are fully completed with all details required, entries will be rejected.
 Eligibility - Competitors must be Scottish by birth or either parents are Scottish or must have resided in Scotland for at least three months prior to the race.
- (7) Rules relating to students in Full time education in Scotland are applicable.
 for guidance on these rules please visit the Road Running Commission Website.