

NORTH DISTRICT CROSS COUNTRY CHAMPIONSHIPS

NAIRN

SATURDAY 30 November 2013

RACE	DECLARATIONS CLOSE	RACE STARTS	DISTANCE	ENTRY FEE
Under 13 Girls	11.00	11.30	3,200 metres	£3.00 per athlete
Under 13 Boys	11.15	11.45	3,200 "	£3.00 " "
Under 15 Girls	11.30	12.00	4,000 "	£3.00 " "
Under 15 Boys	11.50	12.20	4,000 "	£3.00 " "
Under 17/U20 Women	12.05	12.35	5,000 "	£3/4.50 " "
Under 17/U20 Men	12.15	12.50	6,400/8,000"	£3/4.50 " "
Senior Women	12.35	13.10	6,400 "	£4.50 " "
Senior Men	13.00	13.30	10,000 "	£4.50 " "

IMPORTANT NOTES

- (1) Under 17 Women/Men will run with Under 20 Women/Men with all age groups having separate teams
- (2) All athletes who compete in the championships **MUST** be current members of the Scottish Athletics Membership Scheme and be eligible to compete in the North Districts
- (3) Acknowledgement of entries will be sent by e-mail if requested and location map and instructions will be available on the scottishathletics website.
- (4) A Non Championship Combined Race (1600mtrs Approx) for Under 11 Girls and Boys will start at 11.15 (Entry Free)
- (5) This event is the principal race for North athlete selection of Inter District Teams for Edinburgh on 11th January 2014

ENTRIES CLOSE first post on **SATURDAY 23 November 2013**

With:- Sophie Dunnett
Shebster View, Blackhills
Reay, Thurso
KW14 7RR
Tel: 07756 298913

Cheques to be made payable to Scottish Athletics
e-mail: sophied2010@hotmail.co.uk

Notes:

- a) All remittances should be crossed and made payable to the "Scottish Athletics".
- b) Club Affiliation fees **must** have been paid to Scottish Athletics for Season 2013/14
- c) Competitors **must** wear their **club colours** in all events
- d) Unless entry forms are fully completed with all details required, entries will be rejected.
- e) In men's events competitors must be (a) Scots by birth or either of whose parents are Scots, or (b) must have resided in Scotland for at least three months prior to the race.

Students in Full-time Education in Scotland

Students in full-time education in Scotland may compete as First 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.

Please ensure that any North District Cross Country Championship trophies won by your Club in November 2012 are returned by/on the day of these Championships.