COMPETITION INFORMATION SHEET

Event: National Cross Country Relay Championships **NAT XCR**
(Incorporating Masters Championships)
Venue: Scone Palace, Perth, PH2 6BD
Date: Saturday 23rd October 2021

Race	Age Group	BORN DURING	Declarations Close	Race Starts	Laps
YOUNG FEMALES	U13 U15 U17	01/09/2008 to 31/08/2010 01/09/2006 to 31/08/2008 01/09/2004 to 31/08/2006	1130hrs	1200hrs	3x2500m
YOUNG MALES	U13 U15 U17	01/09/2008 to 31/08/2010 01/09/2006 to 31/08/2008 01/09/2004 to 31/08/2006	1210hrs	1240hrs	3x2500m
YOUNG ATHLETES' TEAMS:		**Lap 1 - U13, Lap 2 - U15 or U13, Lap 3 - U17 or U15**			
SENIOR/JUNIOR MASTER WOMEN		BORN BEFORE 01/09/2004 Masters Age on Day **Senior/Junior Women will run 4 Legs** **Masters Women and W50+ will run 3 legs**	1250hrs	1320hrs	4x4000m
SENIOR/JUNIOR MASTER MEN + Non Binary Race		BORN BEFORE 01/09/2004 Masters Age on Day **4 Laps for Masters Men, 3 Laps for M50**	1415hrs	1445hrs	4x4000m

Entries Close: **Thursday 7th October 2021** **NO LATE ENTRIES**
Entries must be submitted online through the Club Portal

Email Address for Queries: events@scottishathletics.org.uk
Bank Details for Fees: RBS, Sort Code: 83-19-04 Acc No 00667222

Important Notes

(1) Please read Important Information in relation to parking on the scottishathletics website.
(2) National relays incorporate Masters Championships. There will be a set of Masters and V50 gold, silver and bronze medals for both men and women. Masters Age Group: from 40 for both men and women on race day.
(3) All entered athletes must be members of scottishathletics at the time of the closing date and be in date on race day. Entry forms must include SA Numbers, athletes without valid membership numbers will not be processed.
(4) Athletes who are do not hold a valid membership or out of date membership cannot be added after the closing date.
(5) All competitors MUST compete in the declared order, and an entered athlete MUST NOT be substituted by a non-entered athlete at any time.

(6) Club colours MUST be worn
(7) 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.
(8) Further information, including Location Map and Course Map, will be available on the Scottish Athletics website.
(9) Club's may only enter a MAXIMUM of 3 TIMES the number of athletes entitled to compete. E.g. For two Senior Men Teams a maximum of 24 eligible athletes.
(10) 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).
(11) Any athlete with Additional Support Needs should contact scottishathletics for an athlete assistance form.

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