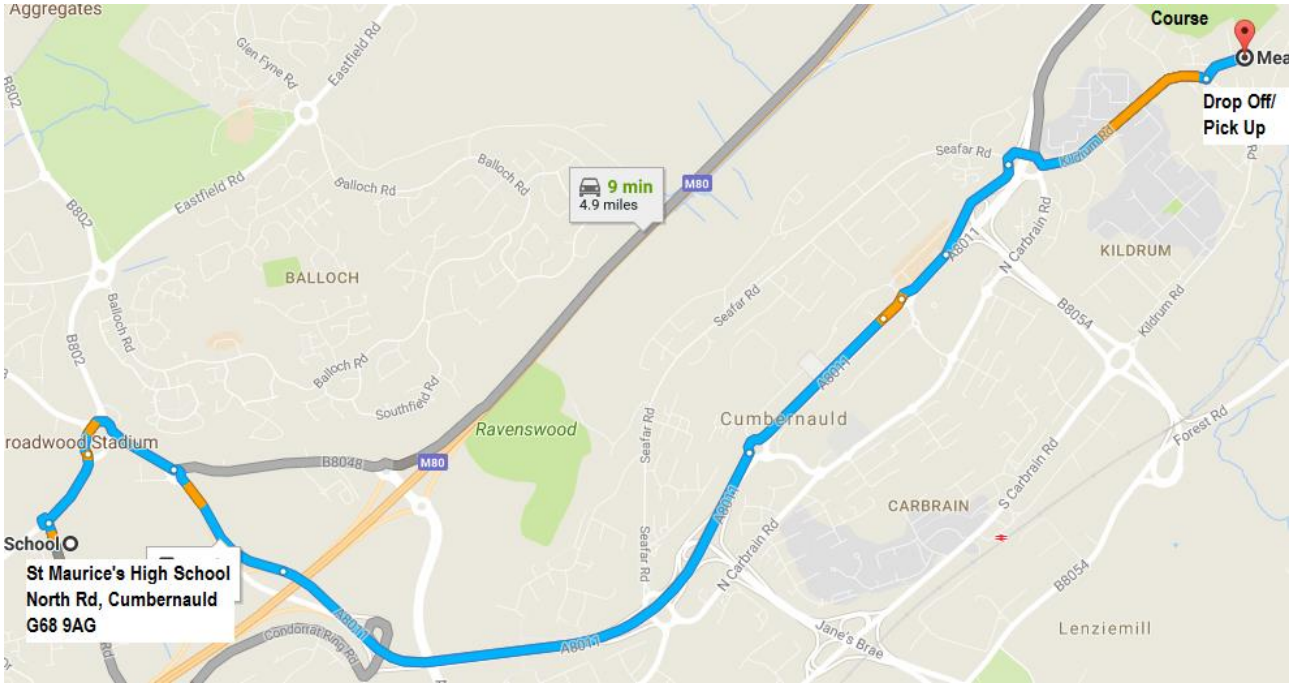
**Lindsays National Cross Country Relay Championships (incorporating Masters Relays)**
**Cumbernauld (Cumbernauld Park)**
**SATURDAY 27th October 2018**

**PARKING**

Due to the New School build at Cumbernauld High School, there will be a PARK AND RIDE system operating from St Maurice's High School, North Road, Cumbernauld G68 9AG




There will be a minibus shuttle system operating from 0845hrs until 1630hrs between the High School and Meadow View near the course.

Those teams arriving by Coach will be able to drop off athletes on the ring road who will then be able to walk to the course.

CLUB TENTS can be dropped off also at Meadow View – Cars will not be permitted access to the theatre car park access road. Car Drivers must have adequate help to drop off tents and return to St Maurice's High School.

**Please car share if at all possible, the school car park will fill up.**

There will be access to toilets at the school.

There is NO PUBLIC PARKING at the course. Officials & staff parking by permit only near the course (details and permits will be sent out separately).

The course is approximately 10mins bus transfer from the High School.

Any Car illegally parked will be subject to local Police measures, which may include ticketing or removal.

**DECLARATIONS**
**Declarations will take place at the Start/Finish area of the course in Cumbernauld Park NOT the School**

**Online Declarations**
All teams have been sent log in details for online team declarations, these can be completed up to 30minutes prior to the start of each race.
Masters and Incomplete teams can also be declared this way.

**Paper Declarations**
Team Managers should collect the declaration sheets on the day and fill them in as instructed on the form. A list of athletes entered will be attached. Upon completing the declaration form, return it to declarations where you will then be issued with your relay team packs, one pack per relay team. Each pack will contain:

- Race number (1 per leg of the relay team)
- Timing chip (1 per leg of the relay team)

All timing chips not used MUST be returned to declarations.

**4th Lap** in Senior/Junior Men's AND Women's race wear **Yellow** numbers

Young Females and Young Males declarations will open at 1000hrs
Women's and Men's Declarations will open at 1115hrs

Senior/Junior Women will run 4 Laps
Masters Women will run 3 Laps
W50+ will run 3 laps
Women's Teams with 4 athletes will be considered for the Senior/Junior Race only.

Senior/Junior Men will run 4 Laps
Masters Men will run 4 Laps
Masters M50 will run 3 laps only – any M50 team with a 4th leg runner will not be considered in the M50+ category.

**CHIP TIMING**
The event will be CHIP timed. The chips will be within the relay team packs. Within the packs, each CHIP will be in individual envelopes and marked up as to which leg it is assigned to i.e. Team 1 - Leg A, Team 1 – Leg B, Team 1 – Leg C. IMPORTANT you must wear the correct chip for the leg you are running.
CHIPS are disposable and do not need to be returned after use.
There will be no manual backup or funnels, NO CHIP, NO TIME for your team.

**FACILITIES**
There will be food available to purchase at the course along with toilets.
Toilets within St Maurice's School will be available for use.
Do not use Cumbernauld Park as a toilet, use the facilities provided.
FREE Showering will be available at the Tryst Sports Centre, tryst Walk, Cumbernauld, G67 1EW until 6pm.

**YOUNG ATHLETES TEAMS**
1st Lap U13 2nd Lap U15 OR U13 3rd Lap U17 OR U15.

**MASTERS TEAMS**
**Men and Women Masters are aged 40+ on day of the race and need to**

(1) Clearly mark on the declaration form on the day which teams are Masters.
(2) Attach a **"V"** to the FRONT and BACK of team members vests.
Medals for 1st three Masters teams for Men and Women

**Men and Women Masters also for age 50+ on day of the race and need to**

(1) Clearly mark on the declaration form on the day which teams are Masters 50+.
(2) Attach a **"X"** to the FRONT and BACK of team members vests.
Medals for 1st three Master's W50 and M50 teams.

4 Legs – Masters Men
3 Legs – M50+, Masters Women, W50+

**Athletes who are Masters but are not in complete Masters teams should not wear any"V" or "X" identifiers.**

**PRESENTATIONS**
All medal presentations including the Senior Men will take place at the finish immediately after each race. This includes the Master's team medals.

**UNELIGABLE ATHLETES**
Team's will be subject to disqualification if team members are subsequently found NOT to have run as declared. No runner is permitted to run more than one leg.

Athletes who compete in a **scottish**athletics 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.

Non observance of the above leaves the athlete at a health risk in the case of a wrong identification of an athlete and will lead to the disqualification of that club and may have their entry refused for future events.

**LITTER**
At previous year's events there was an unacceptable amount of litter left in Cumbernauld Park. Please put litter in the bins provided or take it home.

lindsays
SCOTTISH CROSSCOUNTRY SEASON

scottishathletics