



**National Cross Country Relay Championships (incorporating Masters Relays)
Cumbernauld (Cumbernauld Park)
SATURDAY 23rd October 2010**

DECLARATIONS

Declarations are at Cumbernauld High School.

Team Managers should fill in the declaration form provided on the day. A list of athletes entered will be attached. All undeclared numbers must be returned with declarations forms at the school

YOUNG ATHLETES TEAMS

1st Lap U13 2nd Lap U15 OR U13 3rd Lap U17 OR U15.

MASTERS TEAMS

Masters Male and Female Teams should be clearly marked so on the declaration form. To identify Masters teams, team managers should mark a large “V” beside each running number.

Master Females and Males are Age 40 or over on the day of the race.

COURSE LOCATION

By foot 1.5 mile from school. Route will be signposted through housing estate and down to Cumbernauld Park.

PARKING AT THE COURSE IS STRICTLY LIMITED AND WILL BE BY PERMIT ONLY. ATHLETES SHOULD PARK AT THE SCHOOL AND MAKE THEIR WAY TO THE COURSE ON FOOT.

CHANGEOVERS

Before changeovers an announcement will be made requiring athletes to enter a holding pen. Athletes will then be given instructions as how changeovers will operate.

INELIGIBLE ATHLETES

Athletes can only run once, any team with an athlete running a 2nd time will have the whole team removed from the results.

Athletes who compete in a 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.

Non observance of the above leaves the whole field and the officials uninsured in the event of an accident, leaves the athlete at a health risk in the case of a wrong identification of the athlete, and makes the results invalid as an historic record.

SPORTS GOODS

Specialist running shop Run and Become will have a selection of goods on display at Cumbernauld High School foyer including 12 and 15mm spikes!!! Also some special offers from **Puma**, Scottish athletics kit sponsor. Impossible to bring the whole shop but any special requests call 0131 313 5300 or e-mail edinburgh@runandbecome.com

TOILETS

There will be Mobile Toilets near the Start/Finish area on the course. Please use them. Do not use Cumbernauld Park as a toilet.

Future use of this venue may be in jeopardy if athletes don't comply with this.

Alex Jackson
RR & CC Commission Secretary