

## COMPETITION INFORMATION SHEET

Event: scottishathletics Inter District Cross Country Championships  
 incorporating UK Cross Challenge Series  
 Venue: Scone Palace Parklands, Perth, PH2 6BD  
 Registration: Scone Palace Parklands, Perth, PH2 6BD  
 Parking: Perth Racecourse, Perth, PH2 6BG  
 Date: Saturday 14th January 2023

| Race                | Age Group | BORN DURING              | Declarations Close | Race Starts | Distance (Approx) |
|---------------------|-----------|--------------------------|--------------------|-------------|-------------------|
| Under 13 Girls      | U13G      | 01/09/2009 to 31/08/2011 | 1030hrs            | 1100hrs     | 3000m             |
| Under 13 Boys       | U13B      | 01/09/2009 to 31/08/2011 | 1045hrs            | 1115hrs     | 3000m             |
| Under 15 Girls      | U15G      | 01/09/2007 to 31/08/2009 | 1100hrs            | 1130hrs     | 4000m             |
| Under 15 Boys       | U15B      | 01/09/2007 to 31/08/2009 | 1120hrs            | 1150hrs     | 4000m             |
| Under 17 Women      | U17W      | 01/09/2005 to 31/08/2007 | 1140hrs            | 1210hrs     | 6000m             |
| Under 20 Women (WA) | U20W      | 18 or 19 on 31/12/23     |                    |             |                   |
| Under 17 Men        | U17M      | 01/09/2005 to 31/08/2007 | 1205hrs            | 1235hrs     | 6000m             |
| Under 20 Men (WA)   | U20M      | 18 or 19 on 31/12/23     |                    |             |                   |
| Senior Women        | SW        | BORN BEFORE 31/08/2002   | 1230hrs            | 1300hrs     | 8000m             |
| U20 Women (UKA)     | U20W      | 01/09/2002 to 31/08/2005 |                    |             |                   |
| Senior Men          | SM        | BORN BEFORE 31/08/2002   | 1315hrs            | 1345hrs     | 8000m             |
| U20 Men (UKA)       | U20M      | 01/09/2002 to 31/08/2005 |                    |             |                   |

Entry Information **All athletes will be advised of their selection via their district rep or team manager**  
**UK Cross Challenge entries are accepted through the scottishathletics entry system**

Email Enquiries: [events@scottishathletics.org.uk](mailto:events@scottishathletics.org.uk)

### **Important Notes**

**(1) Location map and additional information will be shown on the scottishathletics website -**

**[www.scottishathletics.org.uk](http://www.scottishathletics.org.uk)**

**(2) Team scoring for all Races is 6 to count.**

**(3) All selected athletes must be members of scottishathletics at the time of the event. Athletes with an out of date membership cannot be added after the selection date.**

**(4) A selected athlete MUST not be substituted by a non-selected 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.**

**(5) By accepting selection all athletes agree that photographs and/or video footage may be taken and used for PR/Marketing purposes.**

**(6) Athletes agree that they 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).**

**(7) Any athlete with Additional Support Needs should contact scottishathletics for an athlete assistance form.**