

East District Cross Country League

Broxburn 24th November 2018

(1) Parking

The car park at Broxburn Academy is not large. When parking in the surrounding streets, do not park in residents parking places and park with consideration to residents.

(2) Toilets

Toilets are in Broxburn Academy. There are no Toilets at the course

(3) Recording Slips

Collected from declarations in Broxburn Academy Café.

Recording slips should be filled in with athlete's initial and name in CLEAR writing.

For Under 15 Girls/Under 17 Women's race both age groups should be listed in finish order on one recording slip with an "L" beside each Under 17 Women's name.

(4) Scoring

Under 11, Under 13 , Under 15 Boys and Under 15 Girls/ Under 17 Women races are all 3 to score.

Senior/Junior/Master's Women are 4 to score.

Senior/Junior/Master's Men are 6 to score.

Master's Men and Master's Women are 3 to score.

Master's athletes (Over 40) should have a large "V" next to their club number.

(5) Results/Café

Results will be posted outside the Café in the Academy.

Please use the Café.