

## **East District Cross Country League**

**Livingston, Deans, Saturday 19<sup>th</sup> January 2019**

### **(1) Parking**

The car park at Dean Community High school is not large. There is overflow parking at Middlewood Park as close to the course as the school (see course map).

### **(2) Toilets**

Toilets are in the school. There are also Toilets at the course (see "T" on course map).

### **(3) Recording Slips**

Collected from declarations in the school.

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 teams are all 3 to score.

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

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

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

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

### **(5) Results/Trophy Presentations**

Results will be posted at declarations in the school. League Trophies presented there at approx. 4.00pm