

East District Cross Country League

Stirling 19th October 2019

(1) Start/Finish Tent Area

These will be same as last year, please see course map for this year's location. Parking for cars with club tents will be by permit, 1 per club. Club secretary will be emailed for contact person for permit

(2) Toilets

There will be mobile toilets near the Tent Area. There will also as previous years be toilets in the Sports Pavilion.

(3) Recording Slips

Can be collected at a portacabin close to the Start/Finish (see course map).

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.

NEW

Recording slips should be filled in with athlete's FIRST NAME and second name in CLEAR writing. (Previously it has been only athletes initial rather than first 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) Mobile Food/Drinks Wagon

This will be close to the club tent area

(6) Parking

Parking beyond the Sports Pavilion is by permit only.