

Competition Information

Event: Scottish Athletics West District Cross Country Relay Championships

Date: Sunday 15 October 2017

Venue: Hamilton Park Racecourse, Bothwell Road, Hamilton, ML3 0DW

Click here for - [Google Maps Hamilton Park Racecourse](#)

Click here for Scottish Athletics Events info - [SA West District CC Relay Championships](#)

Directions

Leave the M74 at Junction 5. Take the Hamilton exits and follow the brown signs for 'Hamilton Park Racecourse'.

Parking

PLEASE ALWAYS CAR SHARE WHENEVER POSSIBLE

From Bothwell Road, enter at the gate signed 'Public Entrance & Car Park' (NOT 'Dukes Entrance'). There is ample parking for cars and buses – please follow the instructions of the car park attendants. Parking is at your own risk and no responsibility will be taken by the organisers or host club.

Declarations

Please remove spikes and muddy shoes before entering

Declarations open at 10am in Silks Bar. Team Managers only please!

Team Managers should fill in the declaration form provided (a list of athletes from the entry lists will be attached), then return all undeclared numbers with the completed declaration form. It is important to declare the athletes in their correct running order so the results are recorded accurately for each individual. Do NOT change the running order after it has been declared.

In the Young Females/Males races, Lap 1 must be an U13, Lap 2 can be an U15 or U13, and Lap 3 can be an U17 or U15.

In the Men's race, the YELLOW coloured number is to be worn by the 3rd leg runner.

Masters' teams should be clearly marked on the declaration form, and a large 'V' prominently marked on each Masters' team member's bib number so the officials can identify them. 'V' labels will be provided to attach to the back of vests.

If a Master is part of a Senior team, there is no need for the 'V' mark or label – these are only for complete Masters' teams.

IMPORTANT: Athletes may only run once. Teams with individuals running twice will be disqualified. Entered athletes must NOT be substituted by non-entered athletes, and non-SA members (or those with expired SA memberships) are not eligible to compete.

