

# LIVINGSTON ATHLETIC CLUB

## *CROSS COUNTRY SERIES 2016*

**Saturday 1 October**

**Saturday 12 November**

**Dechmont Law Park,  
Livingston**

**11.30 - U11 (1.3K)**

**11.45 - U13 (1.7K)**

**12.00 - U15/U17W (2.4K)**

**12.20 - U17M/SEN (3.9K)**

**£3.50 per race (free for members)**

**Pre-entry online only at**

**[www.livingstonac.com/xc](http://www.livingstonac.com/xc)**

# EVENT DETAILS

## 1. Entries

- a. Entries must be made in advance using the online entry form at [www.livingstonac.com/xc](http://www.livingstonac.com/xc) with payment by credit/debit card via PayPal.
- b. Entry fees are £3.50 per event per athlete. All fees payable in advance.
- c. Entries close on the Wednesday before the race at midnight. Late entries are not accepted and there is NO entry on the day.
- d. Entry fees are non-refundable if the competition or races are cancelled due to reasons outwith the club's control (e.g. weather).

## 2. Age Groups

- a. The meeting is open to male and female athletes in age groups under 11 to masters. Athletes must be at least 9 years of age on the day of competition.
- b. Age group cut offs are; **U11** – born after 31/08/2005 and aged 9+; **U13** – 01/09/2003 to 31/08/2005; **U15** – 01/09/2001 to 31/08/2003; **U17** – 01/09/1999 to 31/08/2001; **SEN** – born before 01/09/1999.

**3. Declarations** - Declarations will open at 10.30 am in the Gallery at Deans Community High School and will close 30 minutes before the published start time of each race.

**4. Medals** - For Livingston members, Club Championship medals will be presented after the second event for the overall 1st/2nd/3rd place for each age group (U11/U13/U15/U17/SEN). U20s, Seniors and Masters will be combined for medal purposes. Guests are not eligible for medals.

**5.** This is a **scottishathletics** permit event run under UK Athletics rules.

For further information, please email [secretary@livingstonac.com](mailto:secretary@livingstonac.com).

# LOCATION

## Parking and Declarations: Deans Community High School, Livingston, EH54 8PS



From **Edinburgh or Glasgow:**

- Leave the M8 at Junction 3.
- Head south on the A899 towards Livingston. Take the 1<sup>st</sup> exit off the A899, signposted "Deans".
- Take the 3<sup>rd</sup> exit (right) at the mini roundabout. Then take the 2<sup>nd</sup> exit (straight) at the next mini roundabout.
- Continue to follow the signposts for "Deans", taking the 3<sup>rd</sup> exit (right) at Eliburn North roundabout
- Take the 2<sup>nd</sup> exit (straight) at the next roundabout outside Morrisons supermarket.
- At the next mini roundabout take the 3<sup>rd</sup> exit (right).
- You will then see Deans Community High School on your left with an access road to the car park 200m on your left.