

## **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 3<sup>rd</sup> 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.**

### **Club Tents**

There is a dedicated area for club tents near the Start/Finish area.

Please follow the Tent and Gazebo Guidelines published on the Scottish Athletics website, paying particular attention to safety, and securing firmly against the wind/elements. If in doubt, DO NOT ERECT YOUR TENT. Club tents are the responsibility of the respective clubs and no responsibility or liability will be accepted by the event organisers and host club.

Please clear up any litter at the end of the day and dispose of it properly.

### **Changing**

In the Club Lawn Marquee. \*Please remove spikes and muddy shoes before entering\* There are no lockers. Belongings are left at owner's risk. Do not leave valuables unattended. Sorry, there are no showering facilities at the venue. Nearest showers are at the Hamilton Water Palace, 35 Almada Street, Hamilton, ML3 0HQ – approximately 800m from the course.

### **Toilets**

There are plenty of toilet facilities near the Club Lawn Marquee and these will be clearly sign-posted. From the Start/Finish area, the nearest toilets are only 250m away (one minute's jog) so there is no excuse for abusing the racecourse grounds. Anyone caught doing so will risk the disqualification of their team.

### **Warming-up**

Until racing, please keep off the racecourse surface to avoid damage to the turf – use the surrounding areas instead.

### **Course**

All athletes should familiarise themselves with the appropriate race route and it is their responsibility to follow it accurately. Athletes who run the incorrect course will have their team disqualified.

Maps will be displayed at the venue and on the Scottish Athletics website.

The course runs over open ground and is generally good running, although weather conditions on the day and in the preceding week will determine the underfoot conditions. Athletes should carefully consider the most appropriate footwear choice for the course, plus dress according to the weather conditions. It is advisable to walk the course beforehand to check footwear/clothing choices are appropriate. Athletes should familiarise themselves with the race route/conditions beforehand, and run accordingly.

### **Start Times and Distances**

\*Distances are approximate\*

	Declarations close	<b>Race Start</b>	Distance
<b>Young Females (U13/15/17)</b>	11:00	<b>11:30</b>	3 x 2500m
<b>Young Males (U13/15/17)</b>	11:35	<b>12:05</b>	3 x 2500m
<b>Senior/Junior/Masters Women</b>	12:10	<b>12:40</b>	3 x 4000m
<b>Senior/Junior/Masters Men</b>	13:10	<b>13:40</b>	4 x 4000m

### **Age Groups**

U13	Born during 01.09.04 to 31.08.06
U15	Born during 01.09.02 to 31.08.04
U17	Born during 01.09.00 to 31.08.02
U20 (Junior)	Born during 01.09.97 to 31.08.00
Senior	Born before 01.09.97
Master	40 or older (age on the day)

### **Medals**

There will be team medals (plus Masters' team medals) for each member of the 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> teams in each race.

All teams comprise of three legs, with the exception of Senior/Junior Men and Masters Men which have four legs.

### **Prizegiving**

Medals will be presented near the Start/Finish area as soon as possible after each race (or inside the Club Lawn Marquee if the weather is poor).

Note that there are occasionally delays in processing/calculating results so please be patient and respectful of the work that the volunteers are doing. Medals will be posted on if necessary.

Provisional results will be displayed in the window of Silks Bar and posted on the Scottish Athletics website; please promptly contact the Scottish Athletics Events team with any queries/errors.

### **First Aid**

First Aid will be located near the Start/Finish area.

### **Catering**

There will be a catering van providing hot and cold drinks and food.

Home baking will also be available from the Club Lawn Marquee. It is not guaranteed to be nut free.

### **Queries**

On the day, please address queries about the race to the Referee or Chief Timekeeper. Please do not interrupt the Results Team, or Officials at the finish line.

Please leave the venue in a neat and tidy state and bin all rubbish.

Many thanks to all the officials for their invaluable and much-appreciated help, and to Motherwell Athletics Club for generously hosting the event.