

**Competition Information for Team Members and Athletes**  
**National Young Athletes Road Race Championships**  
**Sunday 17<sup>th</sup> March 2019**

**Declarations/Changing/Course**

Royal Highland Centre, International Building, Ingliston, Newbridge, EH28 8NB

**Parking**

Paid Parking is available at the Royal Highland Centre North Car Park and will be signposted from Fairview Road and Ingliston Road.

Cost is £5 per car paid directly to the Royal Highland Centre on arrival. Bus parking costs £10.

Bus and car drop-off should be made at the Turnstiles next to the North Car Park. There is no charge for drop-off: only for parking on-site.

Alternative FREE parking is available at Ingliston Park & Ride, Eastfield Road, Ingliston, Newbridge, EH28 8LS. This is a 2km walk from the entrance to the Royal Highland Centre.

Use the pedestrian crossing at the Airport Roundabout and continue along the pavement up to Glasgow Road, turn RIGHT onto Ingliston Road continue past the entrance to the Royal Highland Centre and towards the next Roundabout, turn LEFT and follow the signs to the North Car Park, the entrance to the Royal Highland Centre will be on your left through the turnstiles.

Once on-site, please follow the appropriate signage to the registration area and course.



**Registration**

In the International Building near the Start/Finish area. Preferably Team Managers only, please. Limited changing will be available in this building. Showers are NOT available at this venue

**Important!**

Entered athletes MUST NOT be substituted by non-entered athletes. Non-observance of this leaves the whole field and officials uninsured in the event of an accident; puts the competitor at a health risk as they may be wrongly identified; and makes the results invalid as an historic record.

**Catering**

A catering van will be on site. Tea/coffee, rolls and baking etc will be available from the van.

## Toilets

Toilets are clearly signposted adjacent to the start/finish area.

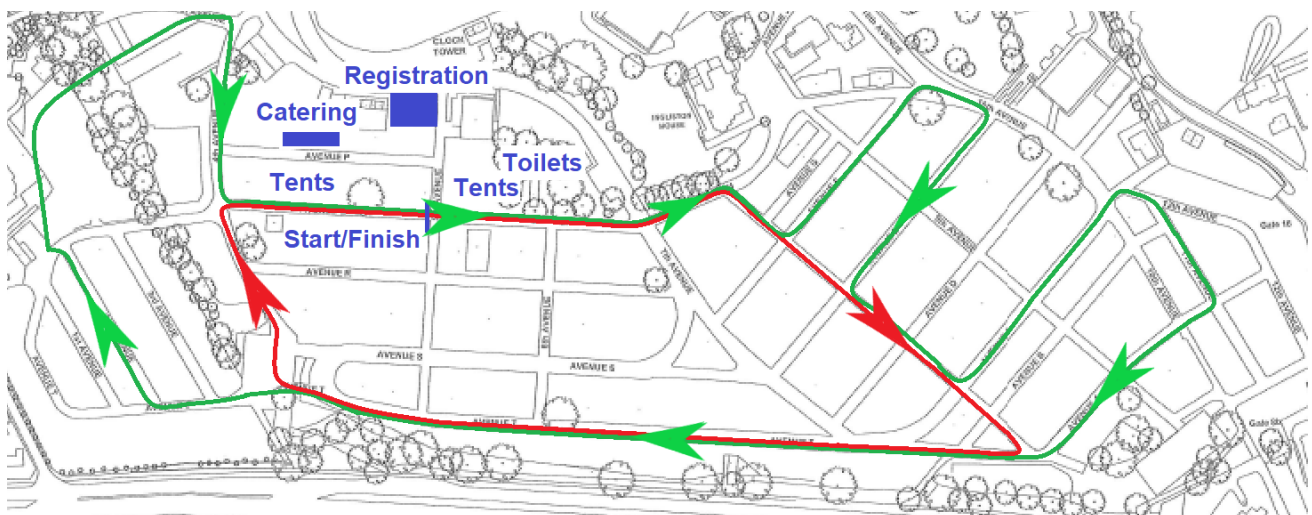
## Timetable

RACE	DECLARATIONS CLOSE	RACE STARTS	DISTANCE
U13 Girls	1100hrs	1130hrs	3000m – 1 Small, 1 Large Lap
U13 Boys	1115hrs	1145hrs	3000m – 1 Small, 1 Large Lap
U15 Girls	1130hrs	1200hrs	4000m – 2 Large Laps
U15 Boys	1155hrs	1225hrs	4000m – 2 Large Laps
U17 Women	1220hrs	1250hrs	5000m – 1 Small, 2 Large Laps
U17 Men	1245hrs	1315hrs	5000m – 1 Small, 2 Large Laps

## The Course

Consists of LARGE (green) Laps and SMALL (Red) Laps.

All Athletes, Coaches and Spectators are advised that other events will be on within the site and care should be taken when moving around the course.



## Medals

Individual medals will be presented at the Course shortly after each race.

Team medals (3 counters for all teams) will be presented as soon as the results have been calculated.

## First Aid

Will be located near the Start/Finish area.

## Club Tents

An area will be dedicated for a limited number of club tents near the Start/Finish area.

## Queries

On the day, please address queries about the race to the Referee or Chief Timekeeper.

## Results

Will be displayed at the Start/Finish area as soon as they are available, and final results will be posted on the **scottishathletics** website. Any queries about the results should be addressed to the Referee on the day, or to [events@scottishathletics.org.uk](mailto:events@scottishathletics.org.uk) post-event.

Many thanks to all of the officials for their invaluable and much-appreciated help, and to Harmeny AC for generously hosting the event.