

COMPETITION INFORMATION SHEET

Event: West District Cross Country Relay Championships **WEST XCR**
 (Incorporating Masters Championships)
 Venue: Ayrshire Athletics Arena, Queens Drive, Kilmarnock, KA1 3XF
 Registration: Ayrshire Athletics Arena, Queens Drive, Kilmarnock, KA1 3XF
 Date: Saturday 11th October 2025

Race	Age Group	BORN DURING	Declarations Close	Race Starts	Laps (Approx)
YOUNG FEMALES	U13	01/09/2012 to 31/08/2014			
	U15	01/09/2010 to 31/08/2012	1015hrs	1100hrs	3x2800m
	U17	01/09/2008 to 31/08/2010			
YOUNG MALES	U13	01/09/2012 to 31/08/2014			
	U15	01/09/2010 to 31/08/2012	1100hrs	1145hrs	3x2800m
	U17	01/09/2008 to 31/08/2010			
SENIOR/JUNIOR + MASTERS WOMEN		BORN BEFORE 01/09/2008	1215hrs	1300hrs	3x4000m
		Masters Age on Day			
SENIOR/JUNIOR + MASTERS MEN		BORN BEFORE 01/09/2008	1330hrs	1415hrs	4x4000m
		Masters Age on Day			
inc Binary Race					
Entries close:		Thur 25th September 2025 @ 5pm		<u>NO LATE ENTRIES</u>	
All entries must be submitted through JustGo					

YOUNG ATHLETES RACES

1st LAP Under 13 2nd LAP Under 15 OR Under 13 3rd LAP Under 17 OR Under 15

Important Notes

- (1) District relays incorporate Masters Championships. There will be a set of Masters gold, silver and bronze medals for both Men and Women. Masters Age Group: from 40 for both Men and Women on race day.
- (2) All declared athletes must be members of scottishathletics and be in date on race day.
- (3) Athletes who have an out of date membership cannot be declared.
- (4) All competitors MUST compete in the declared order, and an entered athlete MUST NOT be substituted by a non-entered athlete at any time.
- (5) Club colours MUST be worn
- (6) Students in Full-time Education in Scotland
Students in full-time education in Scotland may compete as 1st claim for both their educational establishment and another Scottish club, but not in the same competition. This is provided that the educational establishment club is confined to students of that establishment. Thus, a student may be entered for two clubs but has to choose one at declaration.
- (7) Further information, including Location Map and Course Map, will be available on the Scottish Athletics website.
- (8) Club's should declare at least one eligible athletes at the time of entry, teams will then be selected from valid membership lists on the day via an online declaration system.
- (9) Club entries must ensure that entrants are medically fit to compete, have no medical issues or disability that would endanger themselves or others by taking part (and will not run if unfit to do so on the day).
By entering all athletes agree that Photographs and/or video footage may be taken and used for PR/Marketing purposes.
- (10) Any athlete with Additional Support Needs should contact scottishathletics for an athlete assistance form.