

Scottish Athletics Limited

Road Running and Cross Country Commission

scottishathletics **Cross Country Team Challenge (Short Course) 2013/14**

scottishathletics is pleased to announce the continuation of the Cross Country Team Challenge (Short Course).

Building on the success of the scottishathletics Cross Country Grand Prix series, the Challenge is focused on team performance in the 3 short course events (4K) at the beginning of the Cross Country Season.

The challenge is open to Senior/U20 teams from Scottish clubs, both Men and Women. Entry is automatic for clubs participating in the following events. Entry is automatic for clubs participating in the following events.

Fixture	Date	Venue
District CC Relays	12 th Oct	North (Thurso), West (Hamilton)
District CC Relays	13 th Oct	East (Livingston),
National CC Relays	26 th Oct	Cumbernauld
National 4k Champs	10 th Nov	Bellahouston, Glasgow

The scoring system is as follows

District CC Relays	1 st (10 points) reducing by 1 to 10 th (1 point)
National CC Relays	1 st (20 points) reducing by 1 to 20 th (1 point)
National 4K Champs	1 st (10 points) reducing by 1 to 10 th (1 point)

After each stage of the competition, clubs will be ranked based on their team placing, culminating in final Challenge standings after the Scottish 4k Cross Country Championships. In the event of a tie for 1st place the positions in the 4k Championship will determine the placings.

Second, third etc teams will be eligible for the Challenge. In the 4K championships they will only be calculated for the purposes of the Challenge and not for the Championships themselves.

The winning clubs (Men and Women) will be eligible for the 1st prize of £250.

Additional notes

*Last year Central AC and Kilbarchan AC won the men's and women's Challenges respectively.
