

**East CC League
Dechmont Law
Livingston
Saturday 19th January 2019**

Officials

Referee:	Dave Cairns
Clerk of Course:	Ted Finch
Timekeepers:	Alan Carruthers (Chief), Ian Mann
Time Recorders:	Douglas Carruthers, Bill Gentleman
Place Recorders:	Ian Hislop (Chief), Rachel Halliday, Linden Nicholson
Judges/Funnel Control:	Andy Law (Chief), Fred McCluskie, Phyllis Law
Starter:	Barry Craighead
Starter's Assistants:	Dave McConnell
Officials Report:	Barry Craighead
Announcer:	Graham Bennison
Recording Slips Collection	Bob Cherrie
Recording Slips	Neil Donachie
Results:	Moira Reid, Marjory Cook, Marion Donachie, Alex Jackson, Ron Morrison
Host Club	Lothian AC/Livingston AAC

East District Cross Country League

Livingston, Deans, Saturday 19th January 2019

(1) Parking

The car park at Dean Community High school is not large.

There is overflow parking at Middlewood Park as close to the course as the school.

(see course map)

(2) Toilets

Toilets are in the school. There are also Toilets at the course (see "T" on course map)

(3) Recording Slips

Collected from declarations in the school

Recording slips should be filled in with athlete's initial and name in CLEAR writing.

For Under 15 Girls/Under 17 Women's race both age groups should be listed in finish order on one recording slip with an "L" beside each Under 17 Women's name.

(4) Scoring

Under 11, Under 13 , Under 15 Boys and Under 15 Girls/ Under 17 Women races are all 3 to score

Senior/Junior/Master's Women are 4 to score

Senior/Junior/Master's Men are 6 to score

Master's Men and Master's Women are 3 to score.

Master's athletes (Over 40) should have a large "V" next to their club number

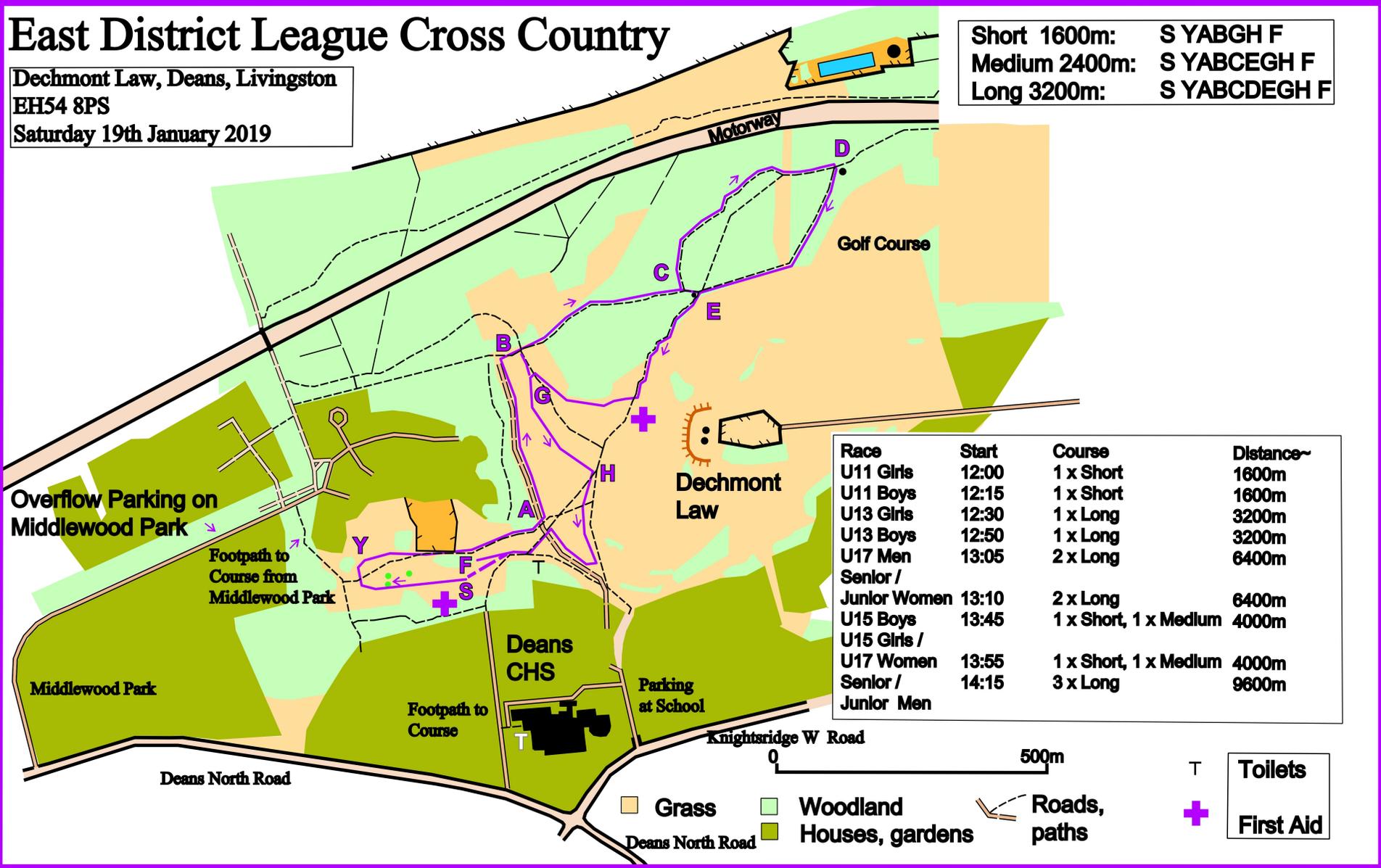
(5) Results/Trophy Presentations

Results will be posted at declarations in the school. League Trophies presented there at approx. 4.00pm

East District League Cross Country

Dechmont Law, Deans, Livingston
EH54 8PS
Saturday 19th January 2019

Short 1600m: S YABGH F
Medium 2400m: S YABCEGH F
Long 3200m: S YABCDEGH F



Race	Start	Course	Distance~
U11 Girls	12:00	1 x Short	1600m
U11 Boys	12:15	1 x Short	1600m
U13 Girls	12:30	1 x Long	3200m
U13 Boys	12:50	1 x Long	3200m
U17 Men	13:05	2 x Long	6400m
Senior / Junior Women	13:10	2 x Long	6400m
U15 Boys	13:45	1 x Short, 1 x Medium	4000m
U15 Girls / U17 Women	13:55	1 x Short, 1 x Medium	4000m
Senior / Junior Men	14:15	3 x Long	9600m

Grass
 Woodland
 Houses, gardens
 Roads, paths
 Toilets
 + First Aid