**THE AYRSHIRE**

**CROSS-COUNTRY RELAY CHAMPIONSHIPS**

**Ayrshire Athletics Arena Kilmarnock**

**Saturday 19th October 2013**

**First Race at 12:00.**

|  |  |  |
| --- | --- | --- |
| **Time** | **Event** | **Distance** |
| 12.00 | u/11 boys | 3 x 1200m |
| 12.00 | u/11 girls | 3 x 1200m |
| 12.30 | u/13 boys | 3 x 2500m |
| 12.30 | u/13 girls | 3 x 2500m |
| 13.00 | u/15 boys | 3 x 2500m |
| 13.00 | u/15 girls | 3 x 2500m |
| 13.30 | u/17 men | 3 x 2500m |
| 13.30 | u/17 women | 3 x 2500m |
| 14.00 | (U20,Sen&Vet) M | 4 x 4000m |
| 14.00 | (U20,Sen&Vet) W | 3 x 4000m |

An SA Permit event conducted under UK Athletics Rules

* Each age group, male and female will start their race at the same time.
* The first event (under 11’s) will start at 12:00. All other races will follow as time permits but no earlier than as shown above.
* Entries from **11:00 till 12:30** in the Athletics Arena, Kilmarnock.
* Entry Fees:- U20/Sen/Vet - £3 per runner (members of SA), £5 for each non-member, all other younger age groups - £2 per runner irrespective of SA membership.
* Medals to the first three teams in each race.
* Presentations on the field as soon as possible after race.

 N.B. Each Member Club of AHCA must provide at least **two** Officials

**REMEMBER YOUR SA NUMBER**