

## Scottish Athletics Limited

### Road Running and Cross Country Commission

#### scottishathletics **Cross Country Team Challenge (Short Course) 2012/13**

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

Building on the success of the Team Challenge last year we are again focusing on clubs performance in the three 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.

<b>Fixture</b>	<b>Date</b>	<b>Venue</b>
District CC Relays	Sat 13 <sup>th</sup> Oct	E (Dundee), N (Nairn), W (Kilmarnock)
National CC Relays	Sat 27 <sup>th</sup> Oct	Cumbernauld
National 4k Champs	Sun 11 <sup>th</sup> Nov	Bellahouston, Glasgow

The scoring system is as follows

District CC Relays	1 <sup>st</sup> (10 points) reducing by 1 to 10 <sup>th</sup> (1 point)
National CC Relays	1 <sup>st</sup> (20 points) reducing by 1 to 20 <sup>th</sup> (1 point)
National 4K Champs	1 <sup>st</sup> (10 points) reducing by 1 to 10 <sup>th</sup> (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 1<sup>st</sup> place, the positions in the 4k Championship will determine the final 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.

In the second year the winning clubs (Men and Women) will be eligible for the 1<sup>st</sup> prize of £250 and receive the President's Cup and Trophy for Men and Women respectively.

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