

Scottish Athletics Limited

Road Running and Cross Country Commission

scottishathletics Cross Country Team Challenge (Short Course) 2016-7

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

Building upon 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:

Fixture	Date	Venue
District CC Relays	8 th Oct	East (Livingston), North (Edderton), West (Kilmacolm)
National CC Relays	24 th Oct	Cumbernauld
National 4k Champs	5 th Nov	Renfrew

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 (20 points) reducing by 1 to 20 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 final standings.

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, but 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 won men's Challenge while Edinburgh AC won the women's Challenge.
