

Lothians Junior Cross Country Race 2 Foxlake Adventures, Dunbar, EH42 1XF

Saturday 12 December 2020

**Please note the course is not suitable for spikes.
Trail shoes recommended.**

Race Timetable

- 1020 U11 Girls – 1.7km
- 1035 U11 Boys race 1 - 1.7km
- 1050 U11 Boys race 2 - 1.7km

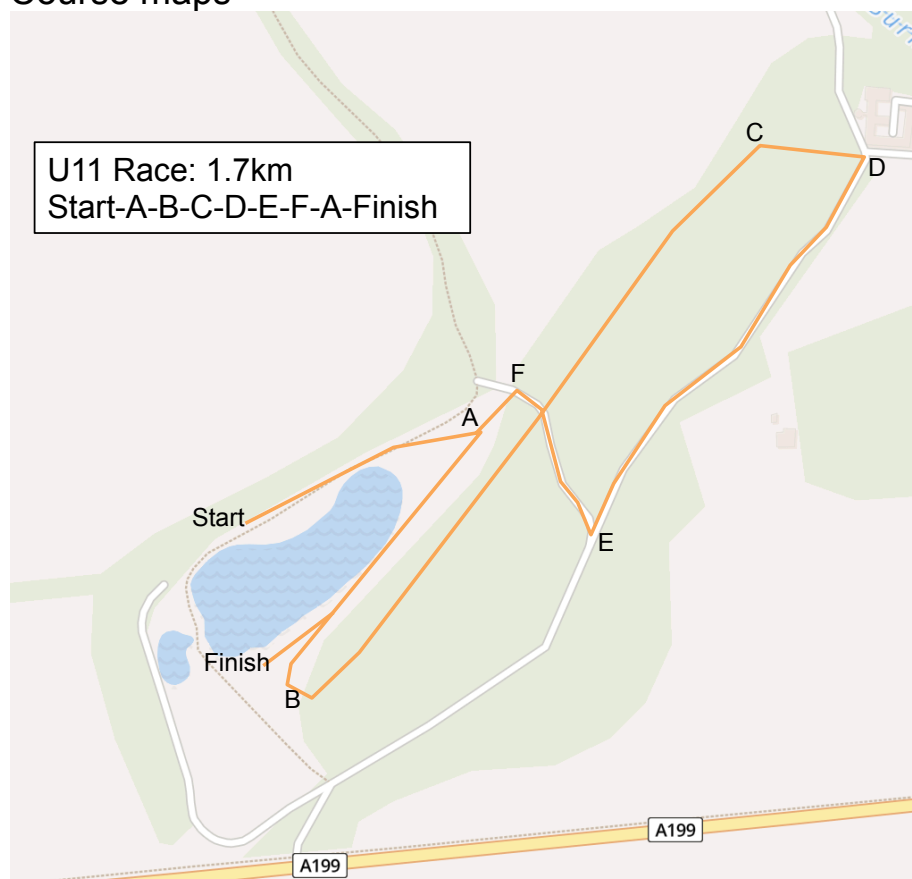
- 1110 U13 Girls A – 3km
- 1130 U13 Boys A – 3km
- 1150 U13 Boys B – 3km

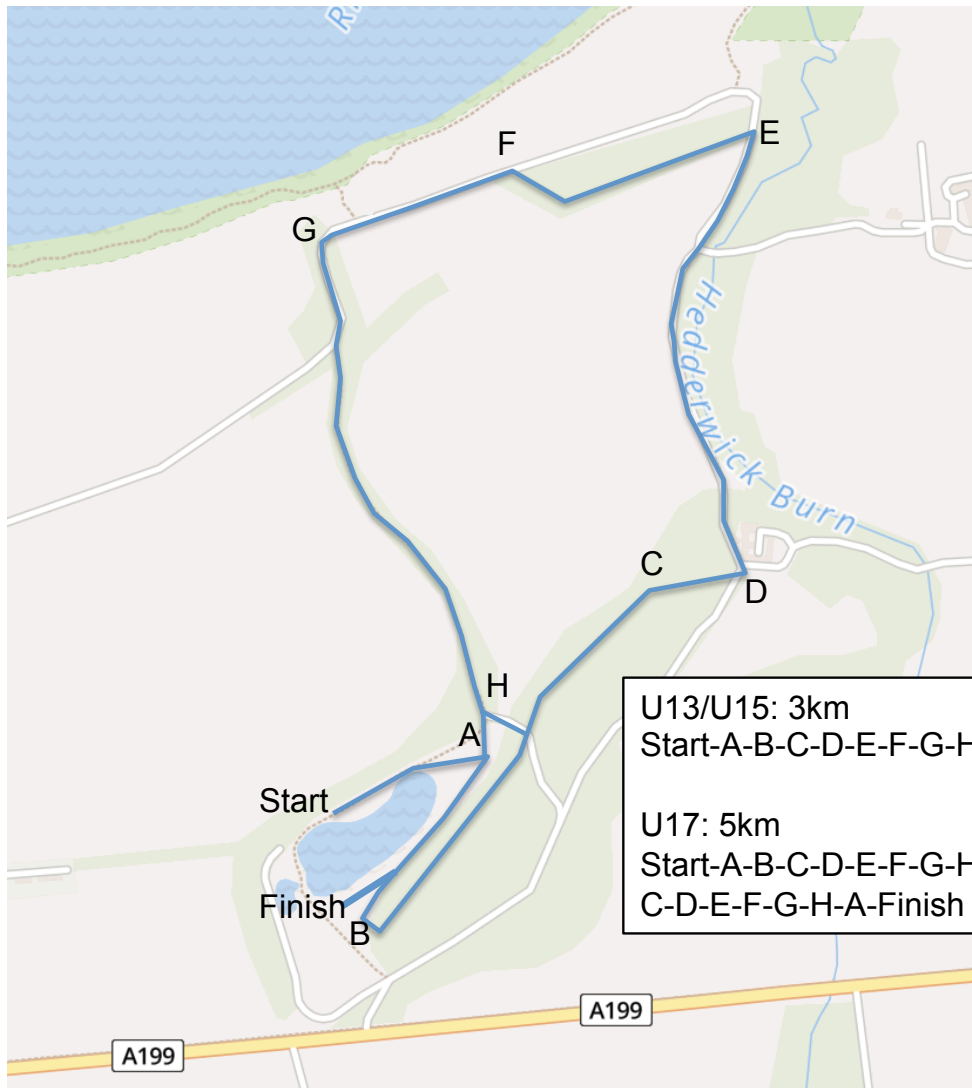
- 1220 U15 Girls - 3km
- 1240 U15 Boys – 3km

- 1300 U17 Mixed– 5km

Pleaser refer to the start list document to check which race you are in.

Course maps





U13/U15: 3km
Start-A-B-C-D-E-F-G-H-A-Finish

U17: 5km
Start-A-B-C-D-E-F-G-H-
C-D-E-F-G-H-A-Finish

Race day information

Arrival will be via the main entrance off the A199. On arrival park as directed by parking marshalls. If the main car park is full you will be directed to the overflow car park (10 on the map below).

- Athletes should arrive no more than 1 hour before their race start time.
- There will be no changing facilities and athletes should come ready to run **with their numbers on**.
- Athletes should wear the East District League number of their club. These are: Dunbar 48, Edinburgh AC 1, Haddington 51, Harmeny 20, Lasswade 32, Livingston 15, Musselburgh 43, Team East Lothian 40.
- Toilets will be available at the location (5) shown on the map below.
- Please do not warm up on the course when races are taking place to ensure race bubbles do not interact.
- Athletes should report to the registration with their numbers on ready to run. The registration gazebo is next to the start area (3 on map below).
- Athletes should report to registration between 5 and 10 minutes before the race start time. They will then be allowed into the warm up area (1 on map below) with their competition bubble.
- Once beyond registration there is nowhere to leave kit, this must be left with parents at registration.
- No parents are allowed beyond the registration area.
- At the end of the race athletes will enter a cool down area (7 on map below). Parents can meet athletes at the exit to the cool down area. Parents should not congregate near the finish line or finish straight.
- Paths around Foxlake including some of the race route is open to the public and we have no control over members of the public using the area.
- Please be considerate towards other users. Foxlake is open to high ropes and disk golf customers and there may be dog walkers on the route.
- The takeaway Café at Foxlake should be open (5 on map below) and a 1-way system will be in operation to ensure social distancing. Please follow signs.

- Please leave Foxlake immediately after your race to minimize the number of people at the event at the same time.
- Results will be published as soon after the event as possible on the Scottish Athletics and Team East Lothian website.



Start/Finish setup

COVID 19 Information

We must all follow the Government Guidelines on COVID-19

1. Before you come to the event, you must stay at home if you:

- Have been in contact with someone with COVID-19 in the last 14 days.
- Have been overseas to a country on the quarantine list or exposed to someone with COVID- 19 in the last 14 days.
- Have COVID-19 symptoms (self-isolate for 10 days) or are feeling unwell.
- Have been told to self-isolate as part of the contact tracing measures in place.

If the answer is yes to any of these questions then do not attend and please stay at home.

2. Physical distancing & good hygiene behaviour

- Follow Scottish Government advice on physical distancing at all times. See current guidance here <https://www.gov.scot/coronavirus-covid-19/>
- Do not share food, towels, water bottles and drinks.
- Clean your hands and equipment frequently.
- Cover your coughs and sneezes and dispose of any used tissue in your own bag and take it home with you. Wash your hands for 20 seconds or sanitise afterwards.
- Avoid spitting unless into a tissue which you should take home and dispose of.
- Avoid touching your face.
- Hand sanitiser should be at least 60% alcohol based and detergent wipes appropriate for the surface they are being used on.
- Please note that only those who are scheduled to attend the races are allowed to compete.
- Your club will advise time of your race and time of arrival. Please don't arrive too early.
- Your club will issue you with your number prior to the event taking place. No race numbers will be available on the day.

3. Races

- A maximum of 30 are allowed to compete in the same race. This is termed as a 'competition bubble'. Once athletes enter the Start Area, they are in their competition bubble and remain in this until they leave the Finish Area.
- Where more than 30 are entered in any age group, they will be sent off in waves. Sufficient time has been allowed for each subsequent wave to finish before the next wave starts to avoid mixing of competition bubbles.
- Athletes personal equipment should be kept by their 'Parent Chaperone' during the race and handed over to the athlete in the cooldown area adjacent to the finishing line. Athletes are asked to change promptly before leaving the cooldown area.
- Parents are asked to leave with their child as soon as their race is over.
- It is important that all our juniors understand the need to follow these procedures, to ensure their own safety and that of the rest of their 'competition bubble'.

4. In addition:

- No spectating is allowed. As our athletes are under 18, a 'Parent Chaperone' is allowed to attend. We ask that only 1 parent attends to fulfill this duty. Please reply by email to your club coach giving the name of the 'Parent Chaperone' for our attendance records.
- Parent Chaperones' must comply with the present restrictions, keeping a 2m distance and complying with the rule of 6 from 2 households at all times.
- Hand sanitizer will be available to athletes as they enter the Start Area and as they are leaving the Finish Area.

We hope that the measures we have put in place will keep us all safe and healthy and able to enjoy our sport.