

ABERDEEN AAC WINTER PROGRAMME 2017-2018

DATE	ALL EVENTS MALE AND FEMALE UNLESS OTHERWISE SHOWN
1 Oct	Benachie Hill Race U15+
4 Oct	SSAA Secondary Road Relays, Falkirk
6 Oct	Run 4 It Metro Proms 3Km Road Race (1pm) U20+
14 Oct	East District XC Relays, Glamis Castle U13+
18 Oct	Scottish Student Sport Freshers Match, Glasgow
21 Oct	East XC League, Stirling University U11+
28 Oct	scottishathletics National XC Relays, Cumbernauld U13+
28 Oct	SSAA Primary Road Relays, Falkirk
3 Nov	Run 4 It Metro Proms 3Km Road Race (1pm) U20+
5 Nov	Running Shops XC Series Race 1 of 4, Knockburn U11+
5 Nov	Scottish Student Sport Cross Country Championships, Glasgow
11 Nov	scottishathletics National Short XC Championships, Kirkcaldy U15+
12 Nov	Peterhead Marathon Oil 10km, Peterhead
19 Nov	Fraserburgh Half Marathon, Fraserburgh
25 Nov	East XC League, Alloa U11+
1 Dec	Run 4 It Metro Proms 3Km Road Race (1pm) U20+
3 Dec	Running Shops XC Series Race 2 of 4, Balgownie U11+
9 Dec	East District XC Championships, Livingston U13+
17 Dec	Aberdeen AAC Indoor OGM, ASV U11+
5 Jan	Run 4 It Metro Proms 3Km Road Race (1pm) U20+
7 Jan	scottishathletics National Indoor 3000m Championships, Glasgow U13+
13 Jan	Inter-District XC, Edinburgh U13+ (see note)
13 Jan	scottishathletics National Indoor Open, Glasgow U13+
20 Jan	East XC League, Broxburn U11+
21 Jan	Aberdeen AAC Indoor OGM, ASV U11+
28 Jan	Running Shop XC Series Race 3 of 4, Haddo House, U11+
28 Jan	scottishathletics National Indoor Senior Championships, Glasgow scottishathletics National Indoor U17 Championships, Glasgow

(Continued over)

Where age groups are specified, U11+ means athletes in the U11 age category are eligible as well as those in categories above.

Note: The Inter-District XC fixture is a selection based event. AAAC athletes are eligible to represent the Scottish East District. Usually, 12 athletes in each age group (U13 and above) are selected to represent the district and race against equivalent teams from the West and North districts.

Selection is based on participation and performance at the previous two East League XC fixtures and the East District Championships.

ABERDEEN AAC WINTER PROGRAMME 2017-2018

DATE	ALL EVENTS MALE AND FEMALE UNLESS OTHERWISE SHOWN
2 Feb	Run 4 It Metro Proms 3Km Road Race (1pm) U20+
3 Feb	scottishathletics National Masters XC Championships, 35+ Venue TBC
3 Feb	scottishathletics National Relay Championships, Glasgow U13+
3-4 Feb	scottishathletics Indoor Combined Events Championships, Glasgow U13+
4 Feb	scottishathletics Indoor Masters Championships, Glasgow 35+
7-8 Feb	SSAA Secondary Schools Indoor Championships, Glasgow
10 Feb	Scottish Student Sport Indoor Championships, Glasgow
11 Feb	Running Shop XC Series Race 4 of 4, Dundee U11+
11 Feb	scottishathletics Indoor SUPERteams, Glasgow U12
17 Feb	scottishathletics National Junior Relay Finals, Glasgow U13-U17
24 Feb	scottishathletics National Cross Country Championships, Falkirk U13+
25 Feb	Aberdeen AAC Indoor OGM, ASV U11+
2 Mar	Run 4 It Metro Proms 3Km Road Race (1pm) U20+
3 Mar	SSAA Secondary Schools XC Championships, Venue TBC
10 Mar	AAAC XC Champs, Balgownie U11+
10 Mar	scottishathletics Indoor U13/U20 Championships, Glasgow
11 Mar	scottishathletics Indoor U15 Championships, Glasgow
16 Mar	RGC and Albyn Invitational XC Championships, Balgownie
18 Mar	scottishathletics Young Athletes Road Championships, U13-U20
18 Mar	Aberdeen AAC Indoor OGM, ASV U11+
25 Mar	scottishathletics Road Relay Championships, Livingston, U20+
1 Apr	AAAC Spring Open Track & Field Meeting, ASV U11+ Date TBC
21 Apr	SSAA Primary XC Championships, Kirkcaldy

NB Please see the club website and complete the cross-country google form if you wish to compete in any of the listed district/national cross-country league or championship events:
[XC Google Form](#)

If you wish to compete in any of the indoor championships, details and entries are available on the Scottish Athletics website (events.scottishathletics.org.uk/events), with entry deadlines often four weeks before the event. For Scottish Schools events speak to your school's PE Department.

The club will endeavour to put on as much transport as possible to team events, however this will depend on numbers.