



Aberdeen AAC XC Championships

Balgownie Playing Fields – AB22 8LX

10th March 2018

PLEASE TICK AGE GROUP AND COMPLETE FORM USING BLOCK CAPITALS

Age Groups – born during	FEMALE		MALE		Entry Fee
U11 – 9+ on race day	U11 Girl – 2Km		U11 Boy – 2Km		£2
U13 – 01/09/04-31/08/06	U13 Girl – 2Km		U13 Boy – 2Km		
U15 – 01/09/02-31/08/04	U15 Girl – 3.5Km		U15 Boy – 3.5Km		
U17 – 01/09/00-31/08/02	U17 Girl – 3.5Km		U17 Man – 6Km		
U20 – 01/09/97-31/08/00	U20 Woman – 6Km		U20 Man – 6Km		
Senior – before 01/09/97	Sen Woman – 6Km		Sen Man – 6Km		£5 (£7 for Non SAL)
Veteran – 40+ on race day	Vet Woman – 6Km		Vet Man – 6Km		

Name:	Surname:	Male/Female:
Club/School/Unattached:	SAL No:	
Date of Birth:	Age on day:	
Address:		
Postcode:		
Contact Tel. No:	Emergency Tel. No (not your own):	
Race Number (for admin only):		

Declaration: I am medically fit to run in the above race and understand that I enter at my own risk, and the organisers will be in no way responsible for any injury, loss or illness incurred to my person during or as a result of the event or for any loss of property. I have no objections to the information contained in this application being entered on a computer for the purposes of race administration.

Signature:	Date:
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Start Time	Distance	Categories
12:00 pm	2 Km	U11 Girls/Boys, U13 Girls/Boys
12:20 pm	3.5 Km	U15 Girls/Boys, U17 Women
12:40 pm	6 Km	U17 Men, U20s, Seniors, Veterans

Note: race distances are approximate