## TEAM SCOTLAND SELECTION RACES FOR ESTONIA 2019 - FINAL DETAILS

Faskally Woods, Pitlochry - Sunday 9 September 2018

## Travel

Faskally Woods are situated on the west side of the A9 just North of Pitlochry. Parking will be in the area around the Forestry toilet block. Turn left on entering the forest to access this area.

Please park as directed as we will be sharing the wood with the general public and this is a popular walking area.

## Registration

Please report to the start area on arrival to confirm who is participating. Anyone requiring an SI peg should collect these at Registration.

## Start/Finish

Both start and finish are near to the assembly parking area. To allow a fair competition early runners will be held in the finish area until the last starter has entered the pre-start(-3). Clothing and drinks etc will be taken to the finish area if they are bagged. If adults wish to go to the finish they will not be able to exit again before the finished runners are released.

## Start List

This has already been published/circulated.

## Courses

Courses are planned at Technical Difficulty 3 to 4 . Subject to final controlling they range from 3.2-3.6 km . All courses have a significant amount of climb!

## Map

We will be using the most recent version of the map. The map scale is 1:7500.

## Selections

The selection policy for the 2019 Championships in Estonia will follow the same principles as in previous years and are as follows:

- The winning School Team at the Selection Races will be nominated to represent Scotland at the Championships. A School Team at the Selection Races must consist of at least 3 runners but to participate in the Championships at least 4 runners must travel to Estonia.
- From the selection race the first 5 runners who are not part of a winning school will be offered places in the Scotland Select Team for the Championships. As with the School Team, a select Team will not be entered if we do not have a minimum of 4 eligible runners.

Eligibility forms will be distributed at the end of the award ceremony which will begin shortly after the last runner completes their course.

