

## **Linlithgow East Sprint Race**

Entries – Pre-entry through online system. See <https://fvo.eu.pythonanywhere.com/orienteering/view-entries?type=Linlithgow%20East%2011th%20August%202021>

Covid-19 Rules – All participants are expected to comply with the latest rules.

Parking / registration – West Lothian County Cricket Club, Boghall/Edinburgh Rd, Linlithgow EH49 6AB. See <https://goo.gl/maps/LgFSZPgbDXNsAbqV7>

Courses - Long course (optimal distance 4.5km) Short course (optimal distance 3.5 km)

U16s - Note that U16s are welcome but must be accompanied by an adult willing to take responsibility for decision making regarding road crossings and road safety.

Map – 1:4000, drawn to ISSprOM 2019 by Ian Hendrie 2019.

Terrain – primarily residential area, mostly tarmac but considerable grassy areas so shoes with grip might be best if wet. Full leg cover is not necessary.

Timing System – SPORTIdent will be used. Touch free punching will be activated.

Cost –

FVO and SOA members: £5.00 seniors / £3.00 juniors and students Non-members: £6.00 seniors / £4.00 juniors and students

Starts – From 17:30 to 18:45

Courses Close – 19:30. All participants MUST report to the finish by that time.

Safety Info – Please be aware of traffic, which may be fast moving. Please also watch out for members of the public, dogs and cyclists. Participants take part at their own risk – Any participants with relevant pre-existing medical conditions which might affect their participation should disclose them to the race organisers before they start.

Contact - Please contact Grace before Wednesday or Rona on Wednesday if you have any questions.