

SoSOL 1 (Incorporating Compass Sport Cup and Junior Home Internationals)

Sunday September 12th 2010



Interlopers host the Junior Home Internationals, Compass Sport Cup and SoSOL 1 events at Devilla. The following are provisional details.

Courses:	JHI	CSC	SoSOL	Length (Km)	EWT (mins)
Brown		Brown	Brown	9.46	~65
Short Brown	M18			8.24	~60
Blue (1)	W18	Blue (W)		6.48	
Blue (2)	M16	Blue (M)	Blue	6.58	~50
Green (1)	W16	Green (W)		4.73	
Green (2)		Green (M)	Green	4.73	~45
Short Green	M14	Short Green (V)		3.90	~40
Light Green (1)	W14	Light Green (M)	Light Green	3.65	~35
Light Green (2)		Light Green (W)		3.64	
Orange (1)		Orange (M)	Orange	2.93	~25
Orange (2)		Orange (W)		2.93	
Yellow			Yellow	2.44	~20
White			White	1.63	~10
String					

Start Times: The Compass Sport Cup will follow the Junior Home Internationals, with start times allocated to clubs in sequence.

Entries: Compass Sport Cup entries are co-ordinated by clubs. Clubs will be allocated start times in the start list, providing names and fees for their runners by **22 August 2010**

Other entries will be allocated to club times that are not being used.

Entry on the day will be available for non-Compass Sport Cup competitors as long as maps are available.

Entry Fee: The entry fee will be £8 for seniors and £3.50 for juniors and students

Compass Sport Cup entries will be co-ordinated and paid by clubs

Entry on the day for other entries

Timing: SI electronic timing will be used. No charge for hire of SI dibber, but charge for any loss.

All competitors must report to the finish even if they retire.

Maps: Pre-marked, 5 colour, waterproof maps. Scale 1:10,000, 5 m contours

Event Officials:

Planner: Barry Owen

Organiser: Graham McIntyre (0131 6641916 – graham@gmci.demon.co.uk)

Controller: Rob Hickling

