

Cross Country Winter League Scoring Policy:

To be eligible for the final SSS Winter League rankings, athletes must compete at a minimum of 4 events in the Winter League. Winter League events include:

- *SSS Cross Country Championships – Saturday 2nd November 2019
- *St Andrews University Chariots of Fire Beach 5K – Sunday 22nd September 2019
- * Stirling University Freshers Cross Country – Wednesday 9th October 2019
- *Edinburgh University Braids Hill Races – Saturday 16th November 2019
- *Herriot Watt Round the Grounds 5K – Expected for March 2020
- *Glasgow University 5 Mile Road Race – Expected for March 2020

Where an athlete competes in more than 4 events, the results of the athlete's 4 best races will be used in the calculation of their final ranking within the league.

On conclusion of the Winter League, awards will be presented to the top 3 male and female athletes of the league. There will also be a trophy for the winning male and female institutions, with the top 3 athletes from each institution to count towards scoring.

Only matriculated students will be able to compete in the Winter League and students should be prepared to present a valid matriculation card at registration for all Winter League events.