

Cross Country Winter League Scoring Policy

To be eligible for the final SSS Winter League rankings, athletes must compete at a minimum of 3 events in the Winter League.

The Winter League Series includes the following events:

- SSS Cross Country Championships
- St Andrews University West Sands Beach 5K
- Glasgow University 5 Mile Road Race
- Stirling University Freshers Cross Country
- Edinburgh University Braids Hill Race 5k
- Heriot Watt Round the Grounds 5K

An athlete's best 3 performances will be taken forward to the overall standings at the end of the Winter League Series. Receiving 1 point for 1st position in a given race, 2 points for 2nd, etc. The lowest combined total will be the winner.

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.

Please direct any questions to: scotstucrosscountry@outlook.com