

IHAAC – XC and Indoor Events (2023-2024)

Date	Event	Age Groups	Comment
1 st October 2023	Baxter's 5km	All ages	Enter through event website.
7 th October 2023	XC relay championships @ Nairn	U13-U17	Coaches select teams.
21 st October	XC Road Relays Cumbernauld	U13-Seniors	Enter through club.
22 nd October	IHAAC – XC Club championship	All club members and ages	Register @ Club hut an hour before.
28 th October	North District XC – League Match 1- Lochaber FT William	All ages	Turn up and enter on the day.
4 th November	Short course XC – Lanark	U15-Seniors	Enter through SA.
18 th November	North District XC – League Match 2- Ross County	All ages	Turn up and enter on the day.
26 th November	IHAAC Club Handicap– one @ Ness Islands	All club members and ages	Register @ Club hut an hour before.
2 nd December	XC Champs @ Gordonstoun	All ages	Coaches select teams.
9 th December	North District XC – League Match 3 - Forres	All ages	Turn up and enter on the day.
10 th December	Aberdeen Open Graded - Indoors	All ages	Entry Via Entry Central.
17 th December	Fun Xmas Relays 	All ages	Xmas themed costumes. Prizes for best outfit and team .
7 th January 24	Aberdeen Open Graded - Indoors	All ages	Entry Via Entry Central.

Date	Event	Age Groups	Comment
13 th January 24	Inter District Champs - Renfrew	U15-Seniors	Team selected.
14 th January 24	IHAAC Club Handicap – Two @ Torvean	All ages	Register @ Club hut an hour before.
20 th January 24	North District XC – League Match 4 - Peterhead	All ages	Turn up and enter on the day.
21 st January 24	Aberdeen Open Graded - Indoors	All ages	Entry via Entry Central.
27/28 th January 24	Scottish Athletics Indoor series – Pitreavie	All ages	Entry on SA website.
3/4 th February 24	Scottish Athletics Indoor series - Aberdeen	All ages	Entry on SA website.
3 rd February 24	North District XC – League Match 5 - Nairn	All ages	Turn up and enter on the day.
11 th February 24	IHAAC Club handicap-three @Bught	All club members and ages	Register @ Club hut an hour before.
24 th February 24	National XC champs Falkirk	U13-Seniors	Entry on SA website.
10 th March 24	Inverness 5km	All ages	Enter through event website. This will be club road race championship.
10 th March 24	Aberdeen Open Graded - Indoors	All ages	Entry via Entry Central
17 th March 24	IHAAC Club handicap – four@ Canal	All club members and ages	Register @ Club hut an hour before.

All information is also on Team App, Facebook and Website.