

### **Information for Athletes**

4J Studios **scottishathletics** Combined Events and Masters Championships  
Including Parallel Success and Open Hurdles Events  
Saturday 10<sup>th</sup> and Sunday 11<sup>th</sup> July 2021  
Ayrshire Athletics Arena, Kilmarnock

We look forward to welcoming you to the Ayrshire Athletics Arena for the 4J Studios **scottishathletics** Combined Events and Masters Championships, Hurdles Open and Parallel Success Events. We wish you an enjoyable and rewarding weekend of competition.

### **7 Steps to Competing**

1. Pre-event – check the start list for your event time and arrival time.
2. Declare – opens 90 minutes before and closes 60 minutes before your event. Don't be late!
3. Warm up – maintain physical distancing within the warm-up areas
4. Report – report at least 10 minutes prior to the event start time (track) or warm up start time (field)
5. Compete!
6. Rest - If competing in more than one event, rest in your designated rest area
7. Leave – athletes should leave immediately after their competition/cool down

**Don't forget to collect any medals you have won before you go! Medals for Masters and Combined Events can be collected from Declarations once results have been published.**

Due to the ongoing COVID-19 pandemic there are a number of changes to procedures and protocols for all attendees at these events. These changes are for everyone's safety, and all attendees must take responsibility for their own hygiene and safe conduct before, during and after the event.

### **General Information**

- **scottishathletics** COVID-19 protocols will be in place for this event including the wearing of appropriate face coverings; hand sanitiser stations; and physical distancing. For further details please [click here](#)
- Between events, athletes must return to their designated rest areas within the stadium. Please do not mix with athletes in other rest areas in order to maintain small competition bubbles.

### **Spectators and Coaches**

This is a closed event with limited spectators. Permitted coaches, chaperones and other support people may apply for accreditation via the **scottishathletics** website. There should be no general spectators in attendance.

### **Travel**

Athletes are reminded that they should travel alone in their own car, or with members of their household or extended household only. If you must use public transport, please carefully consider whether your journey is necessary before confirming your availability for this event. If you have any questions or concerns regarding travel, please contact us by return e-mail.

### **Withdrawals**

If, for any reason, you are no longer able to attend this event, please contact the Events Team ([events@scottishathletics.org.uk](mailto:events@scottishathletics.org.uk)) as soon as possible.

### **Arrival**

Athletes should **park at the Ayrshire Arena Overspill Car Park** accessible via New Mill Road. There will be no access via the facility's main car park. Car owners are reminded to park considerately and responsibly. Anyone requiring special parking arrangements should contact the Events Team as soon as possible. Access to the stadium will be via the foot bridge over the River Irvine.

**Opening: 0830hrs for Athletes, Spectators & Coaches**

**Declarations: 0830hrs to 1445hrs**

Athletes should arrive to declare 60-90 minutes prior to their event. Any athlete arriving late may not be granted permission to compete.

The admissions and declarations areas will be set up in gazebos by the track entrance. All event attendees must check in there on arrival: athletes at declarations; coaches and, chaperones at admissions.

#### **Declarations Help Line**

Athletes who may be running late must contact Mobile no. **07718 526 373** to notify us of your expected arrival time. Athletes who do not contact us ahead of declarations for their event closing will not be permitted to declare late. If unanswered, a message should be left detailing name, issue and return contact number.

#### **Toilets, Changing, Storage and Catering**

Toilets only will be available within the main building. Event attendees must wear a face covering if leaving their competition bubble to use these facilities.

There will be no dedicated changing areas for this event. Athletes may provide a personal pop up tent for their own use, but are encouraged to arrive prepared to compete. There will be no designated bag drop/storage area at this event, so athletes are asked to bring only what they will need during the competition.

There will be no catering available at the athletics track. Athletes should bring their own refreshments as required. Any rubbish should be disposed of in the bins provided or taken away with you - do not leave anything in the warm up area, at the competition site nor in the stands.

#### **During the Event**

- Athletes, once declared, may use the external grass pitches for Warm Up and Rest areas.
  - Hurdles athletes will be permitted some warm up time on the track prior to reporting to assembly but should complete most of their preparations in the warm up area.
- Coaches and supporters will be allowed to access the perimeter of the athletics track, but must maintain 2m physical distancing at all times.
- Athlete Assembly for all events will be within the small stand on the home straight.
- Hand sanitiser will be provided at the various competition and warm up areas and must be used by all athletes before and after each trial or race. This includes athletes using starting blocks, who must sanitise their hands before touching any blocks.
- Track events will be seeded on the day and start lists will be published online during the event.
- All track races will be conducted as timed finals, with no separate heats and finals rounds taking place.
- Field event athletes have been allocated time for at least 2 warm up trials prior to the start of the competition
  - PV Starting Height – As published progressions in 15cm then 10cm increments. (10cm for Combined Events)
  - HJ Starting Height – As published progressions in 5cm increments. (3cm for Combined Events)
  - Para athletes will take 3 trials in Field events unless otherwise agreed with the Chief Official
- All athletes must leave the competition area as soon as practical following the conclusion of their event and cool down.
- Medal Presentations – No formal medal presentations will be held. Athletes will be able to collect medals from the admin area by the entrance/exit once results have been finalised. Where possible Combined Events medals will be presented on the rostrum.

#### **Rules**

- This event will be held under UKA rules for competition incorporating World Athletics rules effective from 1<sup>st</sup> April 2020. A copy is available to download from the British Athletics website: [Competition Rules](#).
- Rule CR18.5 Unsporting or Improper Behaviour: spitting (or similar) in any area may be treated as a conduct offence and will be dealt with by a warning or disqualification. Athletes Assembly stewards will remind athletes of this rule prior to leaving for the competition site. Any instances of athletes spitting within the competition area will be reported to the Chief Official or Referee who will issue the appropriate sanction, which may result in disqualification.
- Rule T5: All athletes must make themselves familiar with the recently amended World and UK Athletics rules around shoes available [here](#). It is the athlete's responsibility to ensure compliance with these rules. Visual checks will be made at Athlete Assembly, with any suspect shoes reported to the Meeting Manager for investigation.
- Spikes: Christmas tree or pyramid spikes should be used. Maximum spike length: 6mm, or 9mm for High Jump.

Venue Diagrams

