

INFORMATION FOR ATHLETES
4J Studios scottishathletics U13 / U15 and U20 Track & Field Championships
Saturday 28th and Sunday 29th August 2021
Aberdeen Sports Village, Linksfield Road, Aberdeen, AB24 5RU

We look forward to seeing you at the National U13 / U15 and U20 Championships and wish you an enjoyable and rewarding competition.

All relevant information can be downloaded from the fixture pages on the **scottishathletics** website:
[4J Studios scottishathletics U13 / U15 and U20 Track & Field Championships](#)

5 Steps to Competing

1. **Pre-event – check the start list for your event time and your arrival time.**
2. **Declare – closes 60 minutes before your event (75 for PV). Don't be late!**
3. **Warm up – warm up mainly outdoors before reporting to Assembly**
4. **Report to Assembly – Assembly opens early for access to the indoor warm up area. You can access the indoor warm up area at any time once open for your event, and must report to Final Assembly before your event closes.**
5. **Compete!**

Don't forget to collect any medals you have won before you leave! Track medallists should report to presentations immediately after their race. Field medallists will be escorted direct to presentations from the event site.

COVID-19 Information

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. **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](#).

Although physical distancing is no longer required within a COVID-secure environment, **scottishathletics** recommends that athletes and spectators should remain 1m apart when possible. Face Coverings must be worn whilst indoors. Athletes may remove their face covering whilst warming up indoors but should replace it in Final Assembly.

Attending the Event

Admission

The stadium will be open to athletes, coaches and spectators from 8.30am via the metal gates to the side of the main entrance. Please do NOT access the track via the main building: there will be no access through the main reception area.

Car Parking

Car Parking is available on a first come first served basis within the facility grounds. Aberdeen Sports Village also has additional car parks at the Aquatics Centre, accessible from Regent Walk, AB41 1SX. All drivers must be considerate to residents and park responsibly.

Please be aware that Aberdeen FC have a home football match on Saturday 28th August with a 3pm kick off time. Match day parking restrictions will be in place on that day.

Withdrawals and Seeding Performances

Athletes will be seeded as per seasons best/personal best times as stated at time of entry. Any updates should be reported **by 4pm on Tuesday 24th August** and must be verified at www.thepowerof10.info

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

Declarations

Athletes must declare in the large **scottishathletics** gazebo before the stand. Spectators and coaches should not accompany the athlete to declarations.

Declarations Opening Hours: 0830 - 1500hrs Saturday, 0830-1420hrs Sunday

Declarations close **60mins prior to event start time** (75mins for Pole Vault)

Athletes must declare separately for each event they will participate in and ensure their name is circled on the entry list for **each** of their events. Athletes registering after an event has closed will not be allowed to compete. Please inform the Referee if you become unfit to continue in an event for which you have declared.

U20 athletes competing on both days are required to declare separately on the morning of each day. Athletes must also **RETAIN** any numbers issued on Saturday for Sunday's events: new numbers **WILL NOT** be issued for Sunday's competition if you competed on Saturday.

Event Help Line

Mobile No. **07718526373** is available to athletes, coaches, officials or spectators for on the day enquiries, if required. If unanswered, a message should be left detailing name, issue and return contact telephone number. If any athlete is running late for declarations, they should also call this number to declare by phone before declarations for their event closes.

Warm Up

All athletes are expected to complete most of their warm up outdoors in the areas around the outside of the track. There will be no designated outdoor warm up area.

Athletes should note that Warm Up will **NOT** be permitted within the Competition Area. i.e. the back straight will **not** be available for warming up.

All athletes will be able to access the indoor track for a limited time prior to their event to complete their final preparations. This is to ensure that the number of people in the indoor area at any one time complies with the restricted capacity of the indoor space, in line with current COVID-19 guidance. This forms part of the Assembly Area.

Assembly Area

The Assembly Area, located within the indoor track, will be accessed from trackside via the sliding doors closest to the 100m start. **DO NOT** use any other entrance/exit to report to Assembly as you will not be checked in and may be recorded as a DNS for your event if you have failed to report.

Athletes will be able to access the indoor area from the published Assembly Opening Time for their event(s) and must check in with an official on arrival. Athletes entering this extended Assembly Area may be accompanied by **one** coach, who will leave the area when the athlete reports to Assembly for final call. Athletes will not be able to leave the warm up area once checked in for their event, so go to the toilet first! Athletes should take as little kit as possible with them into the Assembly Area, as there will be no kit-drop facility available.

Athletes can enter the indoor warm up area at any time whilst the area is open for their event, but must report to Assembly strictly before the published Assembly Closing Time.

A limited supply of hurdles and starting blocks will be available within the indoor warm up area, at the end furthest from the entrance. Any equipment used should be cleaned/sanitised before being returned.

ASSEMBLY OPENING TIMES (estimated, please check final call schedule)

Track 45mins Horizontal jumps 55mins High jump 70mins Pole vault 80mins
Throws 55mins

ASSEMBLY CLOSING TIMES (estimated, please check final call schedule)

Track 15mins Horizontal jumps 25mins High jump 40mins Pole vault 50mins
Throws 25mins

At the Assembly Closing Time, athletes must report to Assembly for final call room-style checks prior to being escorted to the competition area. Coaches are not permitted within the Final Assembly space and should return to the spectator areas when their athlete reports for their event.

All Athletes must report to the Final Assembly area with the minimum amount of kit as reasonably possible. Personal equipment, including phones, music players and smart watches should not be brought into the Assembly Area. Bags will be checked and any of the above items will be removed. Items will be left at the athlete's own risk.

Vests, competitor numbers and spikes will be checked in the final assembly area, and leg numbers will be distributed there. Athletes must compete in the colours of the club under which they entered, or a **current** National Vest.

If you are competing in a field and track event at the same time, it is extremely important that you notify the assembly area when reporting in.

Track Events

If heats are not required on the day, track finals will be run at **HEAT time**.

No personal starting blocks will be permitted at this event. Stadium blocks will be provided at the relevant start areas.

Field Events

All athletes will receive 3 trials, with the top 8 athletes in each field event receiving a further 3 trials.

Competitors may use their own equipment provided it is "checked in" at declarations 60 minutes prior to event time and is passed by the Technical Team. Athletes should note UKA rule T32 (187) S2: competitors may use any implements provided for general use. An athlete shall not use another's implement without the owner's prior permission.

Pole vault starting heights and progressions	U20W 2m50, 2m65, 2m80, 2m90 + 10cm increments U20M 3m60, 3m75, 3m90, 4m + 10cm increments
High Jump starting heights and progressions	U13 Boys / U13 Girls: 1m12 U15 Girls: 1m24 / U15 Boys: 1m29 U20 Men: 1m67 / U20 Women: 1m37 All heights will progress in 5cm increments.
Triple Jump available boards	7m/9m U15 Girls / U15 Boys 7m/9m/11m U20 Women 9m/11m/13m U20 Men

Presentations

Presentations will be conducted as soon as possible following the conclusion of each event, and will be held on the podium within the facility. Track athletes must report directly to presentations immediately following the conclusion of their race. Field medallists will be escorted to presentations directly from the competition area.

Other Information

Streaming

These Championships will be streamed LIVE by Vinco Sport Ltd (www.runjumpthrow.com). Therefore, all athletes' clothing must adhere to Rule T5 S1 in relation to number of and sizes of advertising and manufacturers' logos.

Qualifying Conditions

In all events, qualifying conditions for any subsequent rounds will be declared immediately prior to the start of the event. Please inform the Referee if you are not fit to continue in an event for which you have qualified or declared. You shall be excluded from further participation in any event if you qualify for an event in which you do not participate without giving a valid reason to the Referee (UK Athletics Rule 4). This rule applies to both track and field events.

Rules

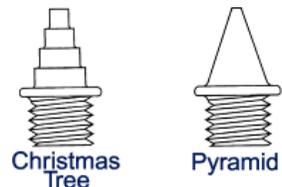
These Championships will be held under UKA Rules for Competition Incorporating IAAF Rules effective from 1st April 2020. A copy is available for download from the British Athletics website [Competition Rules](#).

All athletes should be aware that the current UK rule T16 will be in operation, i.e. no false start will be allowed without the liability of disqualification of any false starting athlete. T16 (162) S1 refers to U13 and U15 athletes who will receive a warning for one false start and disqualification for two.

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. Under no circumstances will athletes be allowed to use needle spikes on the Mondo surface at Grangemouth. Any athlete found to have these spikes whilst using the Mondo surface will be asked to remove them immediately. Alternative spikes will be available to purchase at reception.



Maximum spike length: 7mm, 9mm for high jump, 13mm for javelin

UKA Rule 6: The competition area is defined as the area where the competition is being staged and which has access restricted to the competing athletes and appropriate officials. At Grangemouth Stadium, the Competition Area is made up of the whole of the in-field and all lanes of the track, extending to the barriers surrounding the track. This includes the grass verges between lane 8 and the retaining wall. Parents/coaches/spectators should remain behind the barriers at all times. Mobile devices, such as phones and smart watches, will not be permitted within the competition areas.

UK Anti-Doping may be present at this event.

Spectators and Coaches

All non-athlete attendees must have registered with scottishathletics in advance via the dedicated Coaches and Spectators page – [4J scottishathletics Age Champs - COACHES/SPECTATORS](#)

Further instructions on how to register as a coach or spectator can be found on our website [here](#).

All attendees will need to show their confirmation e-mail (either printed or on a mobile device) to gain access to the venue.

The area of the stand nearest the finish line is reserved for the officials' rest area. All other areas of the main stand are available for spectating. Spectator areas also extend around the outside of the track, including outside both bends and outside the back straight.

Assistance in Competition

Any athlete requiring assistance during competition should complete and return an assistance request form **by 4pm on Tuesday 24th August**. If you require a form, please contact events@scottishathletics.org.uk