

INFORMATION FOR ATHLETES
128th 4J Studios scottishathletics Senior and Under 17 Track and Field Championships
Saturday 14th and Sunday 15th August 2021
Grangemouth Stadium, Grangemouth, FK3 0EE

We look forward to seeing you at the 4J Studios **scottishathletics** National Senior and U17 Championships and wish you an enjoyable and rewarding competition.

All relevant information can be downloaded from the Fixture Page on the **scottishathletics** website:
[128th 4J Studios scottishathletics Senior and Under 17 Track and 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 stand. There will be no access through the main reception area.

Car Parking

The car park nearest the main entrance is reserved for officials only. All other car parking at the front of the stadium is available on a first come first served basis. Further parking is available in the overspill car park at the rear of the stadium, and additional parking is also available at Grangemouth High School, accessible via Tinto Drive, past Bowhouse Primary School. We anticipate a large number of cars to arrive at the venue, so please ensure you arrive in plenty of time to park before you need to declare for your event(s). All drivers must be considerate to local residents and park responsibly.

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 12 noon on Wednesday 4th 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. We ask that any athletes in the Senior Women's 400m, 800m and 1500m in particular notify us in advance of any withdrawals. As these events are held over two days, should numbers reduce sufficiently to allow the races to be run as straight finals on day 2, we will aim to contact athletes in advance of their arrival on Saturday if there are cancellations to the day 1 heats.

Declarations

Athletes must declare in the **scottishathletics** gazebo in front of the stand. Spectators and coaches should not accompany the athlete to declarations. Safety pins will **not** be provided.

Declarations Opening Hours: 0830 - 1500hrs

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. Athletes are required to declare separately on the morning of each day – this includes those qualifying for finals on day 2. Athletes must **RETAIN** any numbers issued on Saturday for Sunday's events. Numbers, when worn, must not be folded, mutilated or concealed in any way.

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 entries close.

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. The only exceptions will be long hurdles athletes who will be permitted to use Competition Area – Outer lanes of Back Straight **ONLY** – Saturday 0900-0930 & 1130-1200 and Sunday 0900-0930 & 1230-1300.

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

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. A limited supply of hurdles and starting blocks will be available within the indoor warm up area. 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

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.

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 track finals will be run at **FINAL 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. The competing order for the last 3 trials shall be in the reverse ranking order recorded after the first 3 rounds.

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	Under 17 Men: 2m70; 2m90; 3m10; 3m25; 3m40 and 10cms thereafter. Senior Men: 3m70; 3m90; 4m10; 4m25; 4m40; 4m50 and 10cms thereafter. Senior Women: 2m40; 2m60; 2m80; 2m95; 3m10; 3m20 and 10cms thereafter Under 17 Women: 2.20m; 2.40m; 2m60; 2m80; 2m95; 3m10; 3m20 and 10cms thereafter
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High Jump starting heights and progressions	U17 Women 1m22; U17 Men 1m62; Senior Women 1m42; Senior Men 1m67 Progression will be in 5cm
Triple Jump available boards	7m/9m U17 Women / U17 Men 9m/11m Sen Women 11m/13m Sen 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.

Prize Pot

A prize fund of £2000 for mainstream athletes and £1000 for para-athletes will be awarded to, or shared between, any athlete(s) who achieves or exceeds identified performance standards at the championships and wins their event. Full details can be downloaded from the fixtures page.

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.

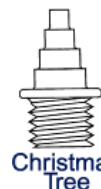
Rules

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](#).

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/wall surrounding the track. This includes the grass verges between lane 8 and the retaining wall. Parents/coaches/spectators should remain behind the barriers/wall at all times. Mobile devices, such as phones and smart watches, will also not be permitted within the competition area.

UK Anti-Doping may be present at this event.

Spectators, Coaches and Chaperones

All non-athlete attendees must have registered with scottishathletics in advance via the dedicated Coaches and Spectators page – [4J scottishathletics Senior/U17 Champs – COACHES/SPECTATORS](#)

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. The area between the declarations gazebo and the timekeepers' stand on the home straight is reserved for officials, and for athletes and their coach making their way to/from assembly only.

Athlete Assistance

Any athlete requiring assistance during competition should complete and return an assistance request form by noon on Wednesday 11th August. If you require a form, please contact events@scottishathletics.org.uk