



4J STUDIOS

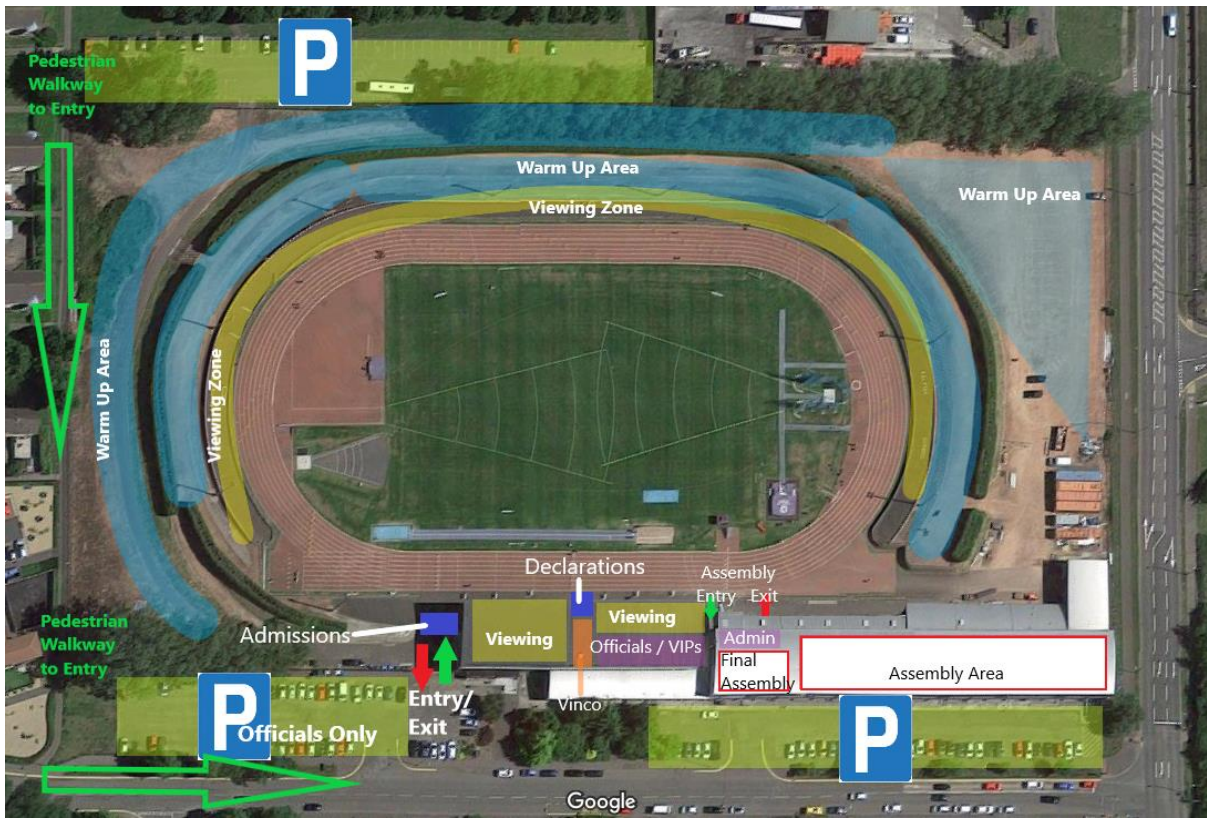
128th 4J Studios scottishathletics Senior and Under 17 Track and Field Championships
Saturday 14th and Sunday 15th August 2021
Grangemouth Stadium, Grangemouth, FK3 0EE

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.

FACILITY DIAGRAM



Car Parking

Additional alternative Car Parking is also available at Grangemouth High School, accessible via Tinto Drive, past Bowhouse Primary School.