

2021 4J Studios scottishathletics National Track Relay Championships
Saturday 11th September 2021
ON-X Linwood, Brediland Road, Linwood, PA3 3RA

Facility Diagram



5 Steps to Competing

1. Pre-event – check the start list for your team’s event time and athletes’ arrival time(s).
2. Declare – closes 60 minutes before each event. Don’t be late! Team Managers should declare on behalf of their team.
3. Warm up – athletes should use the warm up area within the in-field
4. Report to Assembly – check the Assembly Schedule on the day for report times
5. Compete!

Don't forget to collect any medals your club may have won before you leave!