**Stirling University AC open (Together Apart)**

**Timetable and Event Guidelines**

Registration closes 45 minutes before event start time.

*Prior to event*

* We ask that you follow Scottish government guidelines on travel and do not attend the event if you display any symptoms of Covid-19 or have had any contact with a positive case in the last 14 days.
* We urge that all athletes attend the event without any chaperones but if a chaperone is required (for travel etc) we ask that they remain in the designated chaperone area marked on the event map, with **masks being worn at all times** unless exempt.
* **No spectators or coaches** are allowed to attend this event.
* All attendees are urged to **read the following guidelines, event map and timetable** before attending so that contact is limited to the registration table upon arrival and field of play only. There will be no paper copies of the timetable or event map available to take at the event.
* If any athlete needs to withdraw, please do so by email so that event slots can be filled.

*At the event*

* Registration will open at 11am and athletes must **register 45 minutes before** their event start time.
* Masks are to be worn as much as possible, including waiting and warm up areas, and are only permitted to be taken off before event call up time.
* **Track events**- athletes may only approach their blocks once they have been sanitised.
* **Long jump**- masks must be worn at all times before and in between jumps, there is a green AstroTurf strip adjacent to the runway which will be the athletes waiting area for the event and social distancing guidelines must be adhered to during competition time.
* It is the athlete’s responsibility to maintain social distancing within the warm up and waiting areas. **No warming up** is allowed to take place **on the track** under any circumstances.
* As per SA guidelines athletes will form competition bubbles in which social distancing is suspended. It is asked that when multiple heats are waiting to run, they maintain social distancing between the bubbles and only move up when instructed.
* Athletes are urged to **follow the one-way system** as labelled on the map and are aware of their surroundings when crossing or walking around the track to avoid interference with other events
* Sanitiser stations will be present at the registration desk and at various points around the site.
* **Toilets are available via the Craig Gowans building** which can be entered from the fire exit on the left side of the building and exit through the main door on the right.
* Upon completion of all their events athletes must **leave the venue promptly** to avoid increased risk of covid transmission.

*Other info*

* All equipment will be cleaned and sanitised prior to event start including blocks, long jump pit etc.
* All blocks will be wiped with antibacterial wipes in between each heat.
* No parking is available outside Institute of Sport building located next to the track. All attendees are asked to use the main university car park instead.
* **All times will be submitted to Power of 10**
* **SA licence approved event with UKA level 1 event status.**
* Races will be run in heats of up to 6 for 100m and heats of up to 4 for 200 and 400m races.
* Long jump will be carried out in pools of 5 athletes, each with 6 jumps.
* Any other issues or queries please contact event organiser.

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| Event | Heat | Call-up Time | Start Time |
| Long Jump | Pool A | 11:50 am | 12 pm |
| 400m | 1 | 11:50 am | 12pm |
| 400m | 2 | 11:55 am | 12:05pm |
| 400m | 3 | 12 pm | 12:10pm |
| 400m | 4 | 12:05 pm | 12:15pm |
| 100m | 1 | 12:50pm | 1pm |
| 100m | 2 | 12:55pm | 1:05pm |
| 100m | 3 | 1pm | 1:10pm |
| 100m | 4 | 1:05pm | 1:15pm |
| 100m | 5 | 1:10pm | 1:20pm |
| Long Jump | Pool B | 1:50pm | 2pm |
| 200m | 1 | 1:50pm | 2pm |
| 200m | 2 | 1:55pm | 2:05pm |
| 200m | 3 | 2pm | 2:10pm |
| 200m | 4 | 2:05pm | 2:15pm |
| 200m | 5 | 2:10pm | 2:20pm |
| 200m | 6 | 2:15pm | 2:25pm |