

**INFORMATION FOR ATHLETES**  
**scottishathletics Masters 10,000m Track Championships and Open Races**  
**Sunday 8<sup>th</sup> August 2021**  
**Ravenscraig Stadium, 21 Auchmead Road, Greenock, PA16 0JE**

Thank you for your entry into the 10000m track event. We look forward to seeing you in Greenock and wish you an enjoyable and rewarding competition.

All **scottishathletics** events are subject to current COVID-19 local and national restrictions. Any athletes affected by local restrictions must adhere to them and not attend this event if restrictions prevent them from travelling. Please contact [events@scottishathletics.org.uk](mailto:events@scottishathletics.org.uk) with any specific enquiries.

All relevant information can be downloaded from the fixture page on the **scottishathletics** website by clicking the following link –

[scottishathletics Masters 10000m Track Championships \(+Open 10km Run and Walk Events\)](#)

Timetables, heat information and results will be published on these pages from 30<sup>th</sup> July.

**6 Steps to Competing**

- 1. Pre-event – check the start list for your race, race start time and your arrival time.**
- 2. Declare – opens 90 minutes before and closes 60 minutes before your race. Don't be late!**
- 3. Warm up – maintain physical distancing, where possible, whilst warming up**
- 4. Report – report at least 15 minutes prior to your race start time**
- 5. Compete!**
- 6. Leave – athletes should leave immediately after their event/cool down**

Due to the ongoing COVID-19 pandemic there are a number of changes to procedures and protocols for all attendees at 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.

**COVID-19 Testing and NHS Scotland Test & Protect**

You should NOT attend this event if:

- You have COVID-19 symptoms.
- Someone in your household has COVID-19 symptoms.
- If you have been asked to self-isolate at home by the [Scottish Government Test and Protect system](#).
- If you are returning from a country outside the UK you must follow the Scottish Government guidance on quarantine.

**scottishathletics** supports NHS Scotland's Test & Protect programme. This will require that your contact details be shared with NHS Scotland, if requested, in relation to a potential COVID-19 outbreak. We have made this decision to protect all competitors, attendees and volunteers at our events. Details shared will be your name and contact number only.

**Car Parking**

Parking is available on a first come first served basis at the stadium and the car park adjacent to the school football pitch. Additional parking is available on the surrounding streets. Please park responsibly.

**Spectators**

Under current Covid guidance, limited numbers of spectators are permitted. Any spectators planning to attend (including coaches) should have applied for FREE accreditation through the [scottishathletics website](#).

**Help Wanted**

To ensure the smooth running of this event, we require some additional volunteer support with officiating duties. We ask that any attendee or coach who is available and willing to help contacts [events@scottishathletics.org.uk](mailto:events@scottishathletics.org.uk) to let us know what time(s) or which event(s) they are able to cover. Any help is appreciated.

### **Arrival and Declarations**

On arrival, all athletes, coaches and spectators must report to the declarations area at the foot of the main stand to confirm their attendance.

**Athletes must declare at least 60mins prior** to the scheduled start time for their race. Please inform declarations on the day if you become unfit to continue in an event for which you have declared.

### **Competition Numbers:**

Track athletes will collect their bib numbers from declarations. Safety pins will **not** be provided, and athletes should bring their own. Hip numbers will be provided at the start area, and affixed using the athlete's own pins.

### **Call Room**

There is no call room at this meeting, but all athletes must report to their events a minimum of 15 minutes before the scheduled start time (or as otherwise directed by officials on the day).

### **Medal Presentations**

Formal medal presentations will not be held. Masters medals can be collected from declarations once results have been finalised.

### **Rules**

This event will be held under UKA Rules for Competition Incorporating World Athletics Rules effective from 1<sup>st</sup> April 2020. A copy is available for download from the British Athletics website.

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 the start area, with any suspect shoes reported for investigation

### **Physical Distancing**

Although physical distancing is no longer required within a COVID-secure outdoor environment, **scottishathletics** recommends that athletes and spectators remain 1m apart whenever possible whilst attending this event.

### **Face Coverings**

All event attendees are reminded to bring suitable face coverings with them when attending this event, as you are expected to wear a face covering whilst indoors. Please be aware that attendees who do not comply with this requirement will be asked to leave the venue, or may be refused entry.

### **Toilets, Changing, Storage and Catering**

Toilets only will be available within the facility. There will be no changing or storage facilities available. There will also be no catering available onsite. Athletes should arrive ready to race with as little additional belongings as possible.

### **Event Help Line:**

Mobile No. **07718 526373** 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/mobile number.