

INFORMATION FOR ATHLETES
scottishathletics Throws Series Grand Prix
On-X Linwood, Brediland Road, Paisley, PA3 3RA

Thank you for your entry into the Throws Grand Prix Series, we look forward to seeing you at the event and wish you an enjoyable and rewarding competition.

All relevant information can be downloaded from the Fixture Page on the **scottishathletics** website by clicking [here](#)

This event 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.

5 Steps to Competing

1. Pre-event – check the start list for event time and your arrival time.
2. Declare – opens 90 minutes before and closes 60 minutes before your event. Don't be late!
3. Warm up – using the track and other outdoor areas (except the competition areas)
4. Report – report at least 15 minutes prior to the event start time
5. Compete!

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](#).

Car Parking

Parking is available on a first come first served basis.

Arrival and Declarations

All attendees should enter via the gate into the athletics facility adjacent to the facility car park, declarations will take place close to the start/finish line

Event Closing Times

60mins prior to Event Start Time, Declarations will close at 1400hrs.

Please inform the Field Referee if you are not fit to continue in an event for which you have declared.

Competition Numbers:

Not required for this event, athletes will be called up by name only.

Final timetable and Pools information will be finalised on 15 July via the **scottishathletics** website.

Call Room

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

Toilets, Changing, Storage and Catering

Toilets only will be available within the indoor facility, there is no safe storage areas so please keep your valuable safe. Catering will not be available at this venue.

Event Help Line:

Mobile No. 07739 506733 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.