

INFORMATION FOR ATHLETES
4J Studios scottishathletics U13 / U15 and U20 Track & Field Championships
Saturday 27th and Sunday 28th August 2022
Grangemouth Stadium, Kersiebank Avenue, Grangemouth

We look forward to seeing you at the National U13 / U15 and U20 Championships and wish you an enjoyable and rewarding competition.

All relevant information can be downloaded from the fixture pages on the **scottishathletics** website:
[4J Studios scottishathletics U13 / U15 and U20 Track & Field Championships](#)

5 Steps to Competing

- 1. Pre-event – check the start list for your event time and declarations closing time.**
- 2. Declare – closes 60 minutes before your event (75 for PV). Don't be late!**
- 3. Warm up – the indoor warm up area opens 60 minutes before your call time.**
- 4. Report to Call Room - report to Call Room according to the published schedule.**
- 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.

Admission

The stadium will be open to athletes, coaches and spectators from 8.30am via the metal gates to the side of the main entrance. Please do NOT access the track via the main building: there will be no access through the main reception area.

Car Parking

The car park nearest the main entrance is reserved for officials only. All other car parking at the front of the stadium is available on a first come first served basis. Further parking is available in the overspill car park at the rear of the stadium, and additional parking is also available at Grangemouth High School, accessible via Tinto Drive, past Bowhouse Primary School. We anticipate a large number of cars to arrive at the venue, so please ensure you arrive in plenty of time to park before you need to declare for your event(s). All drivers must be considerate to local residents and park responsibly.

Withdrawals and Seeding Performances

Athletes will be seeded as per seasons best/personal best times as stated at time of entry. Any updates should be reported **by 4pm on Tuesday 23rd August** and must be verified at www.thepowerof10.info

If, for any reason, you are no longer able to attend this event, please contact the Events Team (events@scottishathletics.org.uk) as soon as possible.

Declarations

Athletes must declare at the declarations gazebo in front of the main stand.

Spectators and coaches should not accompany the athlete to declarations in order to minimise queues.

Declarations Opening Hours: 0830 - 1500hrs Saturday, 0830-1510hrs Sunday

Declarations close **60mins prior to event start time** (75mins for Pole Vault)

Athletes must declare separately for each event they will participate in and ensure their name is circled on the entry list for **each** of their events. Athletes registering after an event has closed will not be allowed to compete. Please inform the Referee if you become unfit to continue in an event for which you have declared.

U20 athletes competing on both days are required to declare separately on the morning of **each day**. Athletes must also **RETAIN** any numbers issued on Saturday for Sunday's events: new numbers **WILL NOT** be issued for Sunday's competition if you competed on Saturday.

Event Help Line

Mobile No. **07522 556771** 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 number. If any athlete is running late for declarations, they should also call this number to declare by phone before declarations for their event closes. Athletes may not declare late but may declare by phone if they will not arrive in time to declare in person.

Warm Up

There will be no designated outdoor warm up area. Athletes should note that warm-up will **NOT** be permitted within the Competition Area. i.e. the back straight will **not** be available for warming up. All athletes are, however, expected to complete most of their warm-up outdoors in the areas around the outside of the track before gaining access to the indoor warm-up area for their final preparations..

All athletes will be able to access the indoor track prior to their event to complete their final preparations but will not be permitted to base themselves in this area all day. This is to ensure safety and suitable space is available in the indoor area for all athletes preparing to compete. **Athletes will be allowed into the indoor warm-up area 60 minutes prior to their event Call Room time.**

A limited supply of hurdles and starting blocks will be available within the indoor warm up area, at the end furthest from the call room entrance.

Call Room

The Call Room, located within the indoor track, will be accessed from the indoor warm up area.

CALL ROOM FINAL REPORTING TIMES (estimated, please check final call schedule)

Track 15mins Horizontal jumps 25mins High jump 40mins Pole vault 50mins
Throws 25mins

At the Call Room reporting time, athletes must report to the call room for checks prior to being escorted to the competition area. Only athletes are permitted within the Call Room: coaches should return to the spectator areas when their athlete reports for their event.

Before reporting, all kit not required during competition must be left with a coach/spectator in the stand or placed in the kit drop-off area outside Call Room. Athletes will **NOT** be allowed back into the warm-up area directly after competing and so must take all belongings with them when they leave. All athletes must report to the Call Room with the minimum amount of kit as reasonably possible. Personal equipment, including phones and music players should not be brought into the Call Room. Bags will be checked and any of the above items will be removed. Items will be left in the Call Room or in the kit drop area at the athlete's own risk.

Vests, competitor numbers and spikes will be checked in the call room, and leg numbers distributed there. Athletes must compete in the colours of the club under which they entered, or a **current** National vest. Unattached athletes may compete in a plain vest, preferably white.

If an athlete is competing in a field and track event at the same time, it is extremely important that they notify Call Room officials when reporting in.

Track Events

If heats are not required on the day, track finals will be run at **HEAT time**.

No personal starting blocks will be permitted at this event. Stadium blocks will be provided at the relevant start areas. A start information system may be in operation at this event, but the use of blocks is not compulsory for athletes in any age group.

Field Events

Competitors may use their own equipment provided it is “checked in” at declarations 60 minutes prior to event time and is passed by the Technical Team. Athletes should note UKA rule T32 (187) S2: competitors may use any implements provided for general use. An athlete shall not use another’s implement without the owner’s prior permission.

All athletes in horizontal jumps and throws events will receive 3 trials, with the top 8 athletes in each field event receiving a further 3 trials. U13 and U15 Girls’ long jump events will take place in two pools due to entry numbers. All athletes in each pool will receive three trials, with the top 8 across both pools combined receiving a further three trials after the second pool has competed their third round.

Pole vault and high jump starting heights and available triple jump boards are published on the final timetable.

Presentations

Presentations will be conducted as soon as possible following the conclusion of each event and will be held on the podium within the facility. Track athletes must report directly to presentations immediately following the conclusion of their race. Field medallists will be escorted to presentations directly from the competition area.

Streaming

These Championships will be streamed LIVE by Vinco Sport Ltd (www.runjumpthrow.com). Therefore, all athletes’ clothing must adhere to Rule T5 S1 in relation to number of and sizes of advertising and manufacturers’ logos. Kit will be checked in Call Room and athletes may be asked to cover logos or change if their clothing does not comply with this rule.

Qualifying Conditions

In all events, qualifying conditions for any subsequent rounds will be declared immediately prior to the start of the event. Please inform the Referee if you are not fit to continue in an event for which you have qualified or declared. You shall be excluded from further participation in any other event if you qualify for an event in which you do not participate without giving a valid reason to the Referee (UK Athletics Rule 4). This rule applies to both track and field events.

Rules

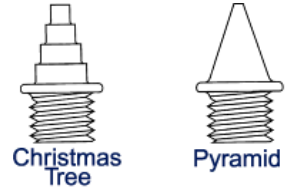
These Championships will be held under UKA Rules for Competition Incorporating IAAF Rules effective from 1st April 2022. A copy is available for download from the British Athletics website [Competition Rules](#).

All athletes should be aware that the current UK rule T16 will be in operation, i.e. no false start will be allowed without the liability of disqualification of any false starting athlete. T16 (162) S1 refers to U13 and U15 athletes who will receive a warning for one false start and disqualification for two.

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. Call Room 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 in the Call Room, with any suspect shoes reported to the Call Room Manager for investigation

Spikes: Christmas tree or pyramid spikes should be used. Under no circumstances will athletes be allowed to use needle spikes on the Mondo surface at Grangemouth. Any athlete found to have these spikes whilst using the Mondo surface will be asked to remove them immediately. Alternative spikes will be available to purchase from reception.



Maximum spike length: 7mm, 9mm for high jump, 13mm for javelin

UKA Rule 6: The competition area is defined as the area where the competition is being staged and which has access restricted to the competing athletes and appropriate officials. At Grangemouth Stadium, the Competition Area is made up of the whole of the in-field and all lanes of the track, extending to the barriers surrounding the track. This includes the grass verges between lane 8 and the retaining wall. Parents/coaches/spectators must remain behind the barriers at all times.

UK Anti-Doping may be present at this event.

Spectators and Coaches

All non-athlete attendees are asked to pre-book their place in advance via the dedicated Coaches and Spectators pages –

[4\] scottishathletics U15/U20 Champs \(Saturday\) – COACHES/SPECTATORS](#)

[4\] scottishathletics U13/U20 Champs \(Sunday\) – COACHES/SPECTATORS](#)

Please ensure that you book for the day you plan to attend!

Further instructions on how to register as a coach or spectator can be found on our website [here](#).

All pre-booked attendees will need to show their confirmation e-mail (either printed or on a mobile device) to gain access to the venue.

Assistance in Competition

Any athlete requiring assistance during competition should complete and return an assistance request form **by 12 noon on Thursday 25th August**. If you require a form, please contact events@scottishathletics.org.uk