

2022 4J Studios scottishathletics National Track Relay Championships  
Saturday 10<sup>th</sup> September 2022  
Grangemouth Stadium, Kersiebank Avenue, Grangemouth, FK3 0BS

**Information for Clubs and Team Managers**

We look forward to seeing you at the National Track Relay Championships and wish you and your teams an enjoyable and rewarding competition.

All relevant information can be downloaded from the Fixture Page on the **scottishathletics** website here: [4J Studios scottishathletics National Track Relay Championships](#)

**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 or indoor track
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!**

**Attending the Event**

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. 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.

**Declarations**

Declarations Opening Hours: from 0830hrs

Event Closing Times: **60mins prior to Event Start Time**

Relay team declarations forms will be available for collection from declarations on the morning of the event and should be collected by the team manager. Athletes will not need to declare individually. Teams will be selected from the pre-entered athlete pools printed on the team declarations sheet. **No additional names may be added on the day.** Team Managers must return completed Team Declaration sheets to receive their team packs.

Any changes made to a team's running order between rounds **must** be reported to Seeding (within the indoor track) as soon as possible, **before athletes report to Assembly**. After the call time for that round, further changes cannot be made. Teams who do not notify Seeding of changes may not be permitted to race.

Numbers are issued within team packs at declarations. Numbers must not be folded, mutilated or concealed in any way

#### Composition of Relay Teams

Rule TR24.10: Each member of a relay team may run one leg only. Once a relay team has started in a competition, up to a total of four additional athletes may be used as substitutes in the composition of the team. If a team does not follow this rule, it shall be disqualified.

#### **scottishathletics** Additions:

One athlete per team may be declared in a team from the age group above their own. They cannot also be declared in any team within their own age group on the same day,

Athletes who are members of teams already eliminated from a competition may be used as substitutes in further rounds in another team from the same club, on the provision that they have been named as reserves at the time of declaration.

#### Event Help Line

Athletes or Team Managers who may be running late must contact Mobile no. **07522 556771** to notify us of your arrival. If unanswered, a message should be left detailing name, issue and return contact telephone number.

#### Warm Up

Both the indoor track area and grass in-field may be used as the warm up area for this event. Teams should use the designated crossing points to access/exit the grass infield, and must take care when warming up as the area is expected to be busy. Each team may be accompanied by one coach/team manager within the warm up area. Congestion within the warm up area must be kept to a minimum: athletes who are not warming up / cooling down must NOT 'base' themselves in this area and should return to the spectator areas around the outside of the track or within the stand.

#### Assembly

Athletes must report to Assembly prior to their event. The Assembly Area will be located outside in the area beyond the finish line. Athletes should report to Assembly with the least amount of kit as reasonably possible. Bags should not be brought into the area nor left in the indoor warm up space (if used).

Assembly reporting times: 15mins prior to scheduled race start time  
CHECK ASSEMBLY SCHEDULE FOR FINAL CALL TIMES.

Team Managers **MUST** report any changes to their teams before their teams go to Assembly.

Vests, competitor numbers and spikes will be checked at Assembly, and leg numbers will be distributed there. Athletes must compete in the colours of the club under which they entered and in the same design as those of their teammates.

#### 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.

Seeding for Timed Finals – Club A teams will be seeded together, followed by B and C teams as required.

### 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. Athletes must report directly to presentations immediately following the conclusion of their race.

### Rules

These Championships will be held under UKA Rules for Competition Incorporating IAAF Rules effective from 1<sup>st</sup> 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 S2 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. 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 Athlete Assembly, with any suspect shoes reported to the Meeting Manager for investigation

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 outside edge of Lane 8. Mobile devices, such as phones and smart watches, will not be permitted within the competition areas.

UKA Rule T24 and T48 relating to relay races: **It should be noted that Officials are in place to ensure adherence to the rules, they are not obliged to instruct or coach athletes in any way.**

UK Anti-Doping may be present at this event.

### Spectators and Coaches

All non-athlete attendees should have registered with **scottishathletics** in advance via the dedicated Coaches and Spectators page – [4J Studios Track Relay Champs COACHES/SPECTATORS](#)

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

All 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 4pm on Tuesday 8th September**. If you require a form, please contact [events@scottishathletics.org.uk](mailto:events@scottishathletics.org.uk)