

**INFORMATION FOR ATHLETES**  
**scottishathletics Jumps Grand Prix and Hurdles Open with Para Throws**  
**Saturday 23<sup>rd</sup> July 2022**  
**Grangemouth Stadium, Kersiebank Avenue, Grangemouth FK3 0BS**

Thank you for your entry into the Jumps Grand Prix Series and Hurdles Open Graded with Para throws, we look forward to seeing you at the next 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 1<sup>st</sup> April 2022. A copy is available for download from the British Athletics website.

**Help Needed**

To ensure the smooth running and success of this event we will require some additional volunteer support to help officiate at this event.

Please could any parent/guardian or coach who is available to help contact [events@scottishathletics.org.uk](mailto:events@scottishathletics.org.uk) to make themselves available detailing what time or event they are able to cover.

**5 Steps to Competing**

1. Pre-event – check the start list for your event time.
2. Declare – opens 0830hrs closes 60 minutes before your event. Don't be late!
3. Warm up
4. Report – report at least 15 minutes prior to the event start time
5. Compete!

**Car Parking**

Parking is available on a first come first served basis at the stadium.

**Arrival and Declarations**

All attendees should enter via the main reception area, declarations and implement check in will be in the indoor track area nearest the throwing nets.

**Event Closing Times**

60mins prior to Event Start Time, Declarations will close at 1215hrs.

Please inform declarations / admin if you are not fit to continue in an event for which you have declared.

**Event Information**

**Track Races**

Numbers: Athletes in track races must wear a number front and back, these will be distributed at declarations.

All athletes must confirm at declarations their intention to compete in 1 or 2 runs of the short sprint hurdles.

**200m Hurdle Specifications**

Height 76.2cms, 10 Flights

Female 16m to H1, 19m between hurdles, 13m run in.

Male 18.29m to H1 and between hurdles, 17.10m run in.

**Field Events**

Field Events: Numbers are not required for this event, athletes will be called up by name only.

All athletes will receive a minimum of 2 warm up trials and 6 competition trials.

**Call Room and Warm Up**

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.

The Indoor Warm Up area has NOT been booked for this event, athletes wishing to warm up here should pay the relevant fee at reception.

**Toilets, Changing and Catering**

Toilets and changing will be available within the facility.

Vending machines only will be available for food, but Tea & Coffee will be provided in the officials room within the stadium.

**Event Help Line:**

Mobile No. 07597 577915 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.