

INFORMATION FOR SPECTATORS
4J Studios scottishathletics East District Championships and National Open
Saturday 14th and Sunday 15th May 2022
Grangemouth Stadium, Kersiebank Avenue, Grangemouth, FK3 0EE

Thank you for registering to attend the 4J Studios **scottishathletics** District Championships and National Open.

All relevant information can be downloaded from the Fixture Page on the **scottishathletics** website:
[4J Studios scottishathletics East District Track and Field Championships](#)

Arrival and Car Parking

Car Parking is available on a first come first served basis. Please note that alternative parking is available in the overspill car park at the rear of the stadium. Alternative Car Parking is also available at Grangemouth High School, accessible via Tonto Drive past Bowhouse Primary School. All drivers must be considerate to residents and park responsibly.

All non-athlete attendees must have registered with **scottishathletics** in advance via the dedicated Coaches and Spectators page –

14th May [4J Studios EAST Dist & Open COACHES/SPECTATORS](#)

15th May [4J Studios EAST Dist & Open COACHES/SPECTATORS](#)

All attendees will need to show their confirmation e-mail (either printed or on a mobile device) to gain access to the venue. **Ensure your confirmation e-mail states the date on which you plan to attend.** Please have this ready on arrival to avoid long queues. Thank you.

Doors Open: Saturday & Sunday 0830hrs

Spectator Areas

Spectators must not access the competition area at any time during this event. Spectators must remain in the stand and surrounding area. Please follow signage and directions from officials on the day. Any spectator found within restricted areas will be asked to return to spectator areas immediately.

One coach may accompany each athlete to the warm up area to help them to prepare to compete. General spectators are not permitted within the warm up area.

Warm Up Area – Coach Supervision

In order to ensure a safe and enjoyable environment for all attendees at events it is vital that the published **scottishathletics** Warm Up Etiquette is adhered to at all times. Safety is the responsibility of all, and we politely request that coaches supervising warm up activity ensure compliance to the agreed one way system and challenge athletes not adhering to the etiquette.

Athlete Assistance

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

Event Help Line

Mobile No. **07584 146796** 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.