

ATHLETE INFORMATION

4J Studios scottishathletics North District Track & Field Championships and National Outdoor Open

Friday 12th and Saturday 13th May 2023

Inverness Leisure Centre, Queens Park Stadium, Inverness, IV3 5SS

We look forward to seeing you in Inverness for the 4J Studios **scottishathletics** North District Track & Field Championships and National Outdoor Open. We wish you an enjoyable and rewarding competition.

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

5 Steps to Competing

1. Pre-event – check the entry list for your event time.
2. Declare – opens at 0830hrs and closes 60 minutes before your event. Don't be late!
3. Warm up
4. Report to Event Area – report to your event start area as per the timings in the Athlete Assembly section. Do not take any unnecessary belongings with you.
5. Compete!

Car Parking

Car Parking is available on a first come, first served basis. Additional Parking is available within the Rugby Club Car Park. Car owners are reminded to park responsibly.

ATHLETES AND COACHES MUST REFRAIN FROM CROSSING THE INFIELD IN ORDER TO ACCESS THE MAIN SPORTS CENTRE BUILDING THROUGHOUT THE EVENT

Declarations

Declarations will be located within the Admin Block at the end of the stand.

Opening Hours:

Friday 12th May 1600-1830hrs

Saturday 13th May 0830-1330hrs

Event Closing Times:

60mins prior to Event Start Time

Athletes registering after this time will not be granted permission to compete.

Competition Numbers:

Bib numbers will be issued at declarations. Numbers must not be folded, mutilated or concealed in any way.

Athletes must declare separately for each event they intend to participate in and ensure their name is circled on the entry list for all events.

****REMINDER – Athletes must declare on each day – Friday for Friday events and Saturday for Saturday events. Athletes must RETAIN any numbers issued on Friday for Saturday****

Declarations Help Line:

Athletes who may be running late for declarations must contact mobile no. **07731 832 567** to notify us of your expected arrival time. If unanswered, a message should be left detailing name, issue and return contact telephone/mobile number.

Warm Up

There is no designated warm up area for this event. Athletes should take care when warming up on the track and be aware of events continuing within the stadium.

Athlete Assembly

There will be no formal Assembly Area at this event.

- Track athletes must report to their event start area **20 minutes** before the scheduled start time
- Field athletes must report to their events as follows:
 - **20 minutes** for horizontal jumps and throws,
 - **40 minutes** for Pole Vault.
 - High Jump events will begin warm up **30 minutes** before the event time or as soon as the previous event has concluded.

Personal equipment, including phones, music players and smart watches should not be brought to the event start area.

Vests, competitor numbers and spikes will be checked at the beginning of all events. Leg numbers will be distributed at the start, if required. Athletes must compete in the colours of the club under which they have entered, or a current national vest.

Qualifying conditions for any subsequent rounds will be declared immediately prior to the start of each event.

If an athlete is in a field and track event at the same time, it is extremely important that they notify the DECLARATIONS TEAM when reporting in AND THEN LISTEN CAREFULLY DURING THE DAY FOR ANNOUNCEMENTS.

Track Events

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

Athletes will be seeded as per Seasons Best/Personal Best times as stated at time of entry. Any changes to performance should be reported by 12 noon on Wednesday 10th May and must be verified at www.thepowerof10.info.

Starting Blocks

No personal starting blocks will be permitted at this event. Stadium blocks will be provided at the relevant start areas. Tape measures for use with blocks will be available at the start areas, or athletes may bring their own.

Field Events

Athletes should note Rule T32 S1: competitors may use any implements provided for general use. may use their own equipment provided it is "checked in" at Declarations **75 minutes** prior to the event start time and that it is passed by the Technical Manager/ Field Referee. An athlete shall not use another's implement without the owner's permission.

Competitors in all age groups in throws and horizontal jumps events will be allowed three trials, with the top EIGHT athletes qualifying for a further three trials. If fewer than 8 athletes compete, all athletes will receive six attempts.

- High jump starting heights are published on the final timetable. All heights will progress in 5cm increments until the number of remaining athletes dictates otherwise.

- Pole vault will start at 2m00 (all ages) and will progress in 20cm increments. No vaulting poles will be available at the stadium.

Withdrawals

Please inform declarations/seeding if you are not fit to continue in an event for which you have declared. All athletes and coaches should be aware of UKA Rule TR4.4 regarding failure to participate. Athletes shall be excluded from further participation in any further event if they qualify for an event in which they do not participate without giving a valid reason to the Referee. This Rule applies to both Track & Field events.

Presentations

District Championship medals will be presented to U13, U15 and U17 athletes. U20 and Senior athletes competing in the Outdoor Open will not be awarded medals at this event.

Presentations will be conducted as soon as possible following the conclusion of each final and will be held on the podium within the facility. Field event medallists will be taken directly to presentations. Track athletes should report to presentations as soon as possible after their race.

Rules

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

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. Assembly 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 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 when athlete's assemble, with any suspect shoes reported to the Meeting Manager for investigation.

Maximum spike length: 7mm, 9mm for high jump.

UK Anti-Doping may be present at this event.

Any athlete requiring assistance during competition (eg. an athlete with a disability) should complete and return an assistance request form **by noon on Wednesday 10th May**. If you require a form, please contact events@scottishathletics.org.uk