

4J Studios scottishathletics National Track Relay Championships
Sunday 25th June
Scotstoun Stadium, Danes Drive, Glasgow, G14 9HD

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 or 2pm for all events. **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 throws area
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!

Arrival

Car parking is available on a first come first served basis and is available within the stadium grounds. All drivers must be considerate and park responsibly.

Please access the arena via Turnstiles 7,8 & 9 onto the main concourse. Athletes, spectators and coaches will NOT be permitted to enter via the main reception area.

Spectators, Coaches and Chaperones

All non-athlete attendees should have registered with scottishathletics in advance via the dedicated Coaches and Spectators pages –

[4J Studios Relay Champs COACHES/SPECTATORS](#)

Parents can register via their child’s account if they are not members themselves. All attendees will need to show their confirmation e-mail (either printed or on a mobile device) to gain access to the venue on the day.

Online entry fees:

Spectators - **£3**

Coach members of **scottishathletics** – **Free**

A pay on the day option of **£4 by card only** is available for those who have not registered in advance. Coach members must register in advance if they wish to avoid the £4 on the door fee: we will not be able to check memberships on the day for free entry.

Access to the competition arena (including the warm up area) will be restricted to athletes, officials and coaches, on production of their valid UKA Licence. Parents, spectators and non-competing athletes should spectate from the seating areas.

Opening Hours: 0830hrs Athletes, Spectators, Coaches & Team Managers

Declarations: 0830hrs to 1400hrs

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 (on the concourse) 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

The grass throws area may be used as the warm up area for this event. Teams 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 within the indoor track. A one way system will be in operation the Assembly entrance will be via the doors nearest the 100m start, the exit will be located through the doors in the middle of the area. 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). There will be no re-entering assembly.

Assembly is an athlete only area. No coaches/parents etc will be permitted.

Assembly reporting times: 20mins prior to scheduled race start time
CHECK ASSEMBLY SCHEDULE FOR FINAL ASSEMBLY 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 World Athletics 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 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 Scotstoun 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.

Assistance in Competition

Any athlete requiring assistance during competition should complete and return an assistance request form **by 4pm on Tuesday 20th June**. If you require a form, please contact events@scottishathletics.org.uk