

### ATHLETE INFORMATION

**4J Studios scottishathletics Combined Events and Masters Championships with Parallel Success and Open Steeplechase**  
**Saturday 8<sup>th</sup> and Sunday 9<sup>th</sup> July 2023**  
**Grangemouth Stadium, Kersiebank Avenue, Grangemouth, FK3 0BS**

We look forward to seeing you at Grangemouth for the 4J Studios **scottishathletics** Combined Events and Masters Championships with Parallel Success and Open Steeplechase. 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 Combined Events Championships](#)

[4J Studios scottishathletics Masters Champs \(+ Para & Open Events\)](#)

#### 5 Steps to Competing

1. Pre-event – check the final timetable 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 Assembly – report to Assembly according to the published schedule. Do not take any unnecessary belongings with you.
5. Compete!

#### Car Parking

Car parking in front of the stadium is available on a first come first served basis and will fill up quickly. Additional parking spaces can be found in the overspill car park at the rear of the stadium. Alternative car parking is also available at Grangemouth High School, accessible via Tinto Drive past Bowhouse Primary School. All drivers in any of these areas must be considerate to local residents and park responsibly.

#### Admission

Saturday 8<sup>th</sup> and Sunday 9<sup>th</sup> July: gates open from 0830hrs

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

8<sup>th</sup> July – [4J Studios CE-Mas-Para&Open COACHES/SPECTATORS](#)

9<sup>th</sup> July – [4J Studios CE-Mas5k 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.

### **Competition Area and Access**

UKA Rule TR6.1: 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 barriers surrounding the track. Parents/coaches/spectators should remain behind the barriers at all times. Mobile devices, such as phones and smart watches, will not be permitted within the competition areas.

Coaches and spectators are asked not to enter the declarations area unless necessary. Coaches may accompany athletes into the warm up area, but general spectators are asked to help us to limit the number of people within the busy warm up area by remaining outdoors or in the main stand.

### **Declarations**

Declarations will be located within the indoor warm up area.

### **Opening Hours**

Saturday 8<sup>th</sup> July 0830-1500hrs / Sunday 9<sup>th</sup> July 0830-1300hrs

### **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 – Saturday for Saturday events and Sunday for Sunday events. Athletes must RETAIN any numbers issued on Saturday for Sunday\*\***

### **Declarations Help Line:**

Athletes who may be running late for declarations must contact mobile no. **07522 556771** 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 Area**

The indoor warm up area may be accessed by athletes for warm up / cool down, and by suitably qualified coaches only. Bags will **NOT** be permitted in the track area and should be stored elsewhere. The warm-up track is not to be used as a social space and must be kept clean and tidy at all times. Athletes who are in the warm-up area and not preparing for their event will be instructed to leave. Athletes should note that general warming up will **NOT** be permitted within the Competition Area. i.e. the back straight will not be available for general warming up during the competition.

Hurdles athletes will be allowed to warm up within the competition area on Saturday and Sunday mornings, with the permission of Chief Officials.

Athletes must adhere to the **one-way system** within the warm up area. This will be from right to left (away from the Assembly Area) as you enter from the outdoor track side.

### **Assembly**

All Athletes must report to the Assembly Area prior to their event. Assembly will be located at the end of the indoor warm up area.

Combined Events athletes will report to Assembly before their first and last event of each day only. For all other events, CE athletes are expected to report directly to the event site at the time advised by the Combined Events Referee.

The exception to the above is Under 13 athletes who should report directly to Assembly in advance of **all of their** events to be collected by officials.

A CE rest area will be located within the indoor warm up area where the indoor High Jump mat is usually placed. A notice board will be placed here confirming subsequent event timings.

Individual-event athletes must report to assembly with the minimum amount of kit as reasonably possible. Personal equipment, including phones, music players and smart watches should not be brought. Bags will be checked and any of the above items will be removed. Only sports top drinking bottles will be allowed in the warm up area.

Vests, competitor numbers and spikes will be checked in assembly, and leg numbers will be distributed there as required. Athletes must compete in the colours of the club under which they have entered, or a current Joma national vest. Unattached athletes may compete in a plain vest, preferably white.

Approximate Assembly reporting times:

**45 minutes** for pole vault

**35 minutes** for high jump

**30 minutes** for horizontal jumps and throws

**20 minutes** for track events

Athletes must check the Assembly Schedule for confirmation of final reporting times.

Qualifying conditions for any subsequent rounds will be communicated to athletes in **assembly** prior to the start of their event.

**\*\* If an athlete is in a field and track event at the same time, it is extremely important that they notify the Call Room officials when reporting in \*\***

### **Track Events**

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

Athletes will be seeded as per Seasons Best/Personal Best times (recorded within the past two years) as stated at time of entry. Any changes to performance should be reported by 12 noon on Wednesday 5<sup>th</sup> July and must be verified at [www.thepowerof10.info](http://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.

- Combined Events athletes will receive 3 trials in horizontal jumps and throws events.
- Masters athletes will receive 3 trials in horizontal jumps and throws events. Those achieving the merit standard for their age group will receive a further 3 trials. If fewer than 8 athletes participate in the event, all athletes will receive 6 trials regardless of the merit standard. Para athletes will receive 6 trials.
- Pole vault – No vaulting poles will be available at the stadium. Starting heights are published on the final timetable. All heights will progress in 10cm increments.
- High jump – Starting heights are published on the final timetable. All CE heights will progress in 3cm increments and Masters in 5cm increments until the number of remaining Masters athletes dictates otherwise.
- Triple jump - 7m, 9m and 11m boards will be in operation. Please check the timetable for specific event information.

### **Withdrawals**

Please inform declarations/seeding if you are not fit to continue in an event for which you have declared on the day. 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 and field events.

### **Presentations**

Combined events medals will be presented on the podium at the conclusion of the competition. Masters athletes should collect their medals from declarations once the final result has been published. There are no medals for athletes under the age of 35 at this event.

### **Rules**

These Championships will be held under UKA Rules for Competition Incorporating World Athletics Rules effective from 1<sup>st</sup> April 2022. A copy is available from the British Athletics website: [Competition Rules](#). WMA and IPC rules will also be used where appropriate.

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 at Athlete Assembly, with any suspect shoes reported to the Meeting Manager for investigation

UK Anti-Doping may be present at this event.