

INFORMATION FOR ATHLETES

**4J Studios 130th scottishathletics Senior and Under 17 Track & Field Championships including
Parallel Success
Saturday 12th and Sunday 13th August 2023
Grangemouth Stadium, Kersiebank Avenue, Grangemouth, FK3 0BS**

We look forward to seeing you at the National Senior and Under 17 Championships and wish you an enjoyable and rewarding competition.

All relevant information can be downloaded from the fixture pages on the **scottishathletics** website:
[4J Studios 130th scottishathletics Senior and U17 Track & Field Championships](#)

5 Steps to Competing

1. **Pre-event – check the start list for your event time and your arrival time.**
2. **Declare – closes 60 minutes before your event. Don't be late!**
3. **Warm up – before reporting to the Call Room**
4. **Report to Call Room –You can access the indoor warm up area at any time but please do not base yourself in this area.**
5. **Compete!**

Don't forget to collect any medals you have won before you leave! Track medallists should report to presentations immediately after their race. Field medallists will be escorted direct to presentations from the event site.

Attending the Event

Admission

The stadium will be open to athletes, coaches and spectators from 8.30am via the metal gates to the side of the main entrance. Please do NOT access the track via the main building: there will be no access through the main reception area.

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.

Spectators, Coaches and Chaperones

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

12th August – [4J Studios Sen/U17 Champs Sat COACHES/SPECTATORS](#)

13th August – [4J Studios Sen/U17 Champs Sun 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.

Withdrawals and Seeding Performances

Athletes will be seeded as per seasons best/personal best times as stated at time of entry. Any updates should be reported **by 12pm on Thursday 10th August** and must be verified at www.thepowerof10.info

If, for any reason, you are no longer able to attend this event, please contact the Events Team (events@scottishathletics.org.uk) as soon as possible.

Declarations

Declarations close **60mins prior to event start time** and will be within the indoor warm up area. All declarations will close at 1400hrs each day.

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.

Athletes must declare separately for each event they will participate in and ensure their name is circled on the entry list for **each** of their events. Athletes registering after an event has closed will not be allowed to compete. Please inform the Referee if you become unfit to continue in an event for which you have declared.

Athletes who qualify for a final on Sunday must re declare on Sunday morning.

Athletes competing on both days are required to declare separately on the morning of each day. Athletes must also **RETAIN** any numbers issued on Saturday for Sunday's events: new numbers **WILL NOT** be issued for Sunday's competition if you competed on Saturday.

Opening Hours:

Saturday 12th August 0830-1400hrs / Sunday 13th August 0830-1400hrs

Event Help Line

Mobile No. **07522 556771** 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 number.

If any athlete is running late for declarations, they should also call this number to declare by phone before declarations for their event closes.

Warm Up

All athletes are expected to complete most of their warm up outdoors in the areas around the outside of the track. There will be no designated outdoor warm up area.

Wheelchair and Frame Running athletes will be allowed to warm up on the track prior to reporting to Call Room. Call Room for Para athletes will be within a scottishathletics gazebo outside near the base of the access ramp to the track.

Athletes should note that Warm Up will **NOT** be permitted within the Competition Area. i.e. the back straight will **not** be available for warming up.

All athletes will be able to access the indoor track prior to their event to complete their final preparations but must not base themselves in this area all day. This is to ensure safety and suitable space is available in the indoor area for all.

Call Room

The Call Room, located within the indoor track, will be accessed from the indoor warm up area. A separate call room area for wheelchair and frame running athletes will be located outside next to the Pole Vault covers at the finish area.

A limited supply of hurdles and starting blocks will be available within the indoor warm up area, at the end furthest from the entrance.

CALL ROOM FINAL REPORTING TIMES (estimated, please check final call schedule)

Track 15mins Horizontal jumps 25mins High jump 40mins Pole vault 50mins
Throws 25mins

At the Call Room Closing Time, athletes must report to the call room for checks prior to being escorted to the competition area. Athletes only are permitted within the Call Room space and should return to the spectator areas when their athlete reports for their event.

All Athletes must report to the Call Room with the minimum amount of kit as reasonably possible. Personal equipment, including phones, music players and smart watches should not be brought into the Call Room. Bags will be checked and any of the above items will be removed. Items will be left at the athlete's own risk.

Vests, competitor numbers and spikes will be checked in the call room, and leg numbers will be distributed there. Athletes must compete in the colours of the club under which they entered, or a **current** National Vest.

If you are competing in a field and track event at the same time, it is extremely important that you notify Call Room when reporting in.

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. The Start Information System will be used at these championships (False Start Equipment) therefore the use of starting blocks is mandatory for athletes in Senior sprint events. The use of starting blocks is not mandatory for U17 athletes.

Field Events

All athletes will receive 3 trials, with the top 8 athletes in each field event receiving a further 3 trials. Para athletes competing within the main championships will be given 6 trials.

Competitors may use their own equipment provided it is "checked in" at declarations 60 minutes prior to event time and is passed by the Technical Team. Athletes should note UKA rule T32 (187) S2: competitors may use any implements provided for general use. An athlete shall not use another's implement without the owner's prior permission.

Pole Vault and High Jump starting heights and available Triple Jump boards are published on the final timetable.

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. Track athletes must report directly to presentations immediately

following the conclusion of their race. Field medallists will be escorted to presentations directly from the competition area.

Para Medals will be awarded in each gender using RAZA points.

Other Information

Prize Pot

A prize fund of £2000 will be awarded or shared between athletes who achieve or exceed identified performance standards at the championships. Full details can be downloaded from the event fixture page.

World Athletics Ranking Points

For Senior athletes these championships have been included in World Athletics' world rankings list. This means participating athletes can be internationally recognised, scoring world ranking points in their events.

[World Rankings Rules](#)

Qualifying Conditions

In all events, qualifying conditions for any subsequent rounds will be declared immediately prior to the start of the event. Please inform the Referee if you are not fit to continue in an event for which you have qualified or declared. You shall be excluded from further participation in any event if you qualify for an event in which you do not participate without giving a valid reason to the Referee (UK Athletics Rule 4). This rule applies to both track and field events.

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.

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. Call Room 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

Maximum spike length: 7mm, 9mm for high jump, 13mm for javelin

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. 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.

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 12pm on Thursday 10th August**. If you require a form, please contact events@scottishathletics.org.uk