

INFORMATION FOR ATHLETES
scottishathletics Jumps & Throws Series Grand Prix
Sunday 21 May 2023
Grangemouth Stadium, Kersiebank Avenue, Grangemouth FK3 0EE

Thank you for your entry into the **scottishathletics** Jumps & Throws Grand Prix Series, we look forward to seeing you and wish you an enjoyable and rewarding competition.

All relevant competition information can be downloaded from the Fixture Page on the **scottishathletics** website by clicking [here](#)

This event will be held under UKA Rules for Competition Incorporating World Athletics - 2022-2024. A copy is available for download from the British Athletics [website](#).

5 Steps to Competing

1. Pre-event – check the start list for the event pool you are in and event start time.
2. Declare/Implement weigh in – opens 90 minutes before and closes 60 minutes before your event. Don't be late!
3. Warm up – is available on the track (please do not use the infield to warm up)
5. Compete!

Car Parking

Parking is available on a first come first served basis at the stadium.

Arrival and Declarations

All attendees should enter via the outdoor gates adjacent to the car park, declarations and implement check in will be next to the finish line

Event Closing Times

60mins prior to Event Start Time, Declarations will close at 1430hrs.

Competition Numbers:

Not required for this event, athletes will be called up by name only.

Call Room

There is no call room at this meeting, all athletes must report to their events a minimum of 15 minutes before the scheduled start time or as directed by officials.

Toilets, Changing, Storage and Catering

Toilets are available within the sport centre facility. There is a café situated in the sports centre for refreshments.

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.