

ATHLETE INFORMATION

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

**Saturday 11th and Sunday 12th May 2024
Grangemouth Stadium, Kersiebank Avenue, Grangemouth, FK3 0EE**

We look forward to seeing you at Grangemouth for the 4J Studios **scottishathletics** East 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 East District Track and Field Championships](#)

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 assembly 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 11th and Sunday 12th May: gates open from 0830hrs

Spectators, Coaches and Chaperones

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

11th May – [4J Studios EAST Dist & Open COACHES/SPECTATORS](#)

12th May – [4J Studios EAST Dist & Open 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 cash only** is available for those who have not registered in advance. We will not be able to process card/contactless payments on the day. 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.

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 11th May 0830-1530hrs / Sunday 12th May 0830-1315hrs

Event Closing Times:

60mins prior to Event Start Time

Athletes attempting to register 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, such as within the lockers in the changing rooms. 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 warming up will **NOT** be permitted within the Competition Area. i.e. the back straight will not be available for general warming up. However, Frame Running athletes will be permitted to warm up on the outside track, and are advised to observe the instructions of officials whilst other events are ongoing.

To ease congestion in the warm-up area, the following schedule will be implemented:

Saturday 11th May	0830-1000hrs	Hurdles and Field athletes only
Saturday 11th May	1000hrs onwards	Open to all athletes
Sunday 12th May	0830hrs onwards	Open to all athletes

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. The first lane will be for walking only, with all other lanes for warming up.

Athlete Assembly

Athletes must report to Assembly prior to their event. Assembly will be located within the indoor warm up area.

Track 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 into Assembly. Bags will be checked and any of the above items will be removed. Only sports top drinking bottles will be allowed in the Assembly Area.

Vests, competitor numbers and spikes will be checked in Assembly and leg numbers will be distributed there. Athletes must compete in the colours of the club under which they have entered, or a current national vest.

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 on the day for confirmation of final reporting times.

Qualifying conditions for any subsequent rounds will be communicated to athletes within the Assembly Area 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 Assembly when reporting in ****

Track Events

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

National Open Sprint Events – the top 16 performances by time will qualify for a second run, all heats will be seeded as timed finals.

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 8th 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

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 starting heights are published on the final timetable along with height progressions.

Pole Vault events will be combined championships for East and West districts. Medals will be awarded to the first 3 athletes from each district.

Triple Jump - 7m, 9m, 11m and 13m boards will be in operation. Please check the timetable for specific event information. Any athletes competing in the Open who wish to use a 7m board should report to compete with the earlier District Championships pool.

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.

Athletes should note Rule T32 S1: competitors may use any implements provided for general use and 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.

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. U18, U20, Senior and Masters 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 2024. A copy is available from the British Athletics website: [Competition Rules](#).

Rule TR7 S2

Spitting (or similar) in warm up, call room, competition or any other public area may be regarded as acting in an unsporting or improper manner and treated as a conduct offence and will be dealt with by a warning or disqualification (yellow card and / or red card offence). The Event Referee will determine whether a yellow or red card is shown. This determination may apply a red card where spitting directly towards an individual or persistent spitting but yellow for less serious offences. Athletes should be aware that different interpretations may apply from event to event. Warnings or disqualifications under this rule cannot be appealed as the Referee's decision is final (Rule TR8 S1(2)(iii)). See also Rule CR18.5

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

Spikes: Christmas tree or pyramid spikes should be used. Under no circumstances will athletes be allowed to use needle spikes on the Mondo surface. Any athlete found to have these spikes whilst using the Mondo surface will be asked to remove them immediately.

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 8th May**. If you require a form, please contact events@scottishathletics.org.uk