

**INFORMATION FOR ATHLETES**  
**4J Studios scottishathletics U13, U15 and U20 Track & Field Championships**  
**Saturday 10<sup>th</sup> and Sunday 11<sup>th</sup> August 2024**  
**Grangemouth Stadium, Kersiebank Avenue, Grangemouth, FK3 0BS**

We look forward to seeing you at the National U13, U15 and U20 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 scottishathletics Age Group Track & Field Championships](#)

**5 Steps to Competing**

1. **Pre-event – check the start list for your event time and declarations closing time.**
2. **Declare – closes 60 minutes before your event. Don't be late!**
3. **Warm up – the indoor warm up area opens 60 minutes before your call time.**
4. **Report to Call Room - report to Call Room according to the published schedule.**
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.**

**Admission and Parking**

The stadium will be open to athletes, coaches and spectators from 8.30am via the main entrance.

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.

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

10th August – [4J Studios U15/U20 Champs COACHES/SPECTATORS](#)

11th August – [4J Studios U13/U20 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 or grass around the stadium.

### 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 4pm on Thursday 8<sup>th</sup> August** and must be verified at [www.thepowerof10.info](http://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](mailto:events@scottishathletics.org.uk)) as soon as possible.

### Declarations

Athletes must declare at the declarations area within the indoor track.

Spectators and coaches should not accompany the athlete to declarations in order to minimise queues.

Declarations Opening Hours: 0830 - 1628hrs Saturday, 0830-1541hrs Sunday

Declarations close **60mins prior to event start time**

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.

U20 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.

U13 and U15 Girls Long Jump competitions will be held in two pools. All athletes intending to compete must declare at least 60 minutes prior to the timetabled start time for the **earliest** pool.

#### **Event Help Line**

Mobile No. **07718 526373** 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. Athletes may not declare late but may declare by phone if they will not arrive in time to declare in person.

### Assistance in Competition

Any athlete requiring assistance during competition should complete and return an assistance request form **by 12 noon on Thursday 8<sup>th</sup> August**. If you require a form, please contact [events@scottishathletics.org.uk](mailto:events@scottishathletics.org.uk)

### Warm Up

There will be no designated outdoor warm up area. 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 are, however, expected to complete most of their warm-up outdoors in the areas around the outside of the track before gaining access to the indoor warm-up area for their final preparations.

All athletes will be able to access the indoor track prior to their event to complete their final preparations but will not be permitted to base themselves in this area all day. This is to ensure safety and suitable space is available in the indoor area for all athletes preparing to compete. **Athletes should enter the indoor warm-up area no earlier than 60 minutes prior to their event Call Room time.**

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

### Call Room

The Call Room, located within the indoor track, will be accessed from the indoor warm up area.

### **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 reporting time, athletes must report to the call room for checks prior to being escorted to the competition area. Only athletes are permitted within the Call Room: coaches should return to the spectator areas when their athlete reports for their event.

Before reporting, all kit not required during competition must be left with a coach/spectator in the stand. Athletes will not be allowed to re-enter the warm-up area directly after competing and so must take all belongings with them when they leave. All athletes must report to the Call Room with the minimum amount of kit as reasonably possible. Personal equipment, including phones and music players 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 in the Call Room or in the kit drop area at the athlete's own risk.

Vests, competitor numbers and spikes will be checked in the call room, and leg numbers distributed there. Athletes must compete in the colours of the club under which they entered, or a **current** National vest. This includes 2024 Joma Scotland vests and 2024 SSAA vests. Unattached athletes may compete in a plain vest, preferably white.

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

### Field Events

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.

All athletes in horizontal jumps and throws events will receive 3 trials, with the top 8 athletes in each field event receiving a further 3 trials. U13 and U15 Girls' long jump events will take place in two pools due to entry numbers. All athletes in each pool will receive three trials, with the top 8 across both pools combined receiving a further three trials after both pools have completed their third round.

Pole vault and high jump starting heights and available triple jump boards are published on the final timetable.

### 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 other event if you qualify for an event in which you do not participate without giving a valid reason to the Referee (UK Athletics Rule TR4). This rule applies to both track and field events.

### 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.

### Streaming

This event will be streamed live online by Vinco. The livestream can be accessed here:

Live: <https://vinco.sport/dA8xfC>

On demand: <https://vinco.sport/iT0TxN>

The live stream footage will be available only on a subscription basis with Vinco – but you can sign up for a single month to catch all four days of championship action at Grangemouth under the same registration.

### Rules

These Championships will be held under UKA Rules for Competition Incorporating World Athletics Rules effective from 1<sup>st</sup> April 2024. A copy is available for download from the British Athletics website [Competition Rules](#). WPA rules may also be used where appropriate.

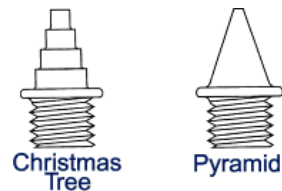
All athletes should be aware that the current UK rule TR16 will be in operation, i.e. no false start will be allowed without the liability of disqualification of any false starting athlete. TR16 S2 refers to U13 and U15 athletes who will receive a warning for one false start and disqualification for two.

#### 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 TR5: 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 in the Call Room, with any suspect shoes reported to the Call Room 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 track surface. Any athlete found to have these spikes will be asked to remove them immediately.



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

UKA Rule TR6: 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/walls surrounding the track. Parents/coaches/spectators must remain behind the barriers/walls at all times.

As this event will be streamed, athletes must pay particular attention to TR5 S1 regarding logos and advertising on clothing worn during competition. Clothing will be checked in the Call Room and any non-compliant clothing may be prevented from entering the competition area.

UK Anti-Doping may be present at this event.