

Additional Competitor Information

Date: **Saturday 5th October 2024**

Venue: **Ayrshire Athletics Arena (AAA), Queens Drive, Kilmarnock, KA1 3XF, Tel 01563 555227**

Declarations

Declarations are open from 0930 in the Indoor Track area of the AAA. Team managers only please. Course maps and race details will be available at Declarations and in the foyer.

An online declaration process will be provided for this event via the online OpenTrack system. Team Managers and Club Contacts will receive an emailed invite to become a 'Team Manager' on OpenTrack the week before the event. Those already registered on the site will simply have to log in. If any Team Managers are not already registered, they will need to do so when accepting the invitation. Additional Team Managers can be added by emailing events@scottishathletics.org.uk with Name and Email address of the additional Team Manager.

An online guide to the declarations process is available here - <https://docs.opentrack.run/entry/team/declare/>

Support for online team declarations will be provided on the day.

Changing

There are 6 male and 3 female changing rooms, each equipped with multiple showers (except disabled changing rooms - which are available to be used, but have only 1 shower). There is additional male changing in the curtained area at the end of the indoor track.

Toilets

There are toilet facilities in the changing rooms and in the main toilets within the AAA which is within 100m of the Start.

Post race access

Please remove muddy shoes before entering the building.

Course

The course consists of a mixture of parkland, riverside paths, farmer's fields and a 30 metre stretch of broken tarmac.

Warming-up / Course Access

Please keep clear of the football pitches. To gain access to the Start / Finish area, you are required to cross the course. Please stay within markers and watch out for runners.

Club Tents

There is ample space for club tents near the Start/Finish area. Please assemble tents in the marked bays and do so in accordance with the Tent and Gazebo guidelines on the SA Event Website.

Medals Presentation

Medals will be presented near the Start/Finish area as soon as possible after each race, or inside the AAA arena in the event of inclement weather.

Medals will be presented as follows –

Age Group	Team Composition	Medals
Masters Men	4 x 4000 metres	1 st , 2 nd , 3 rd teams
Senior / U 20 Men	4 x 4000 metres	1 st , 2 nd , 3 rd teams
U13B, U15B, U17M	3 x 2500 metres	1 st , 2 nd , 3 rd teams
Masters Women	3 x 4000 metres	1 st , 2 nd , 3 rd teams
Senior / U 20 Women	3 x 4000 metres	1 st , 2 nd , 3 rd teams
U13G, U15G, U17W	3 x 2500 metres	1 st , 2 nd , 3 rd teams

Multiple teams from the same club are eligible for medals



First Aid

First Aid will be located near the Start/Finish area.
The nearest Accident and Emergency Hospital is -
Crosshouse Hospital
Kilmarnock Road
Crosshouse KA2 OBE
01563 521133

Catering

Hot drinks will be available at the Start / Finish area. Kilmarnock Harriers will be offering soup and crusty bread within the AAA and there will be a catering van providing a range of hot and cold food, tea and coffee outside the AAA main building.

Results

Results will be available asap on Opentrack . Please promptly contact the john.gebbie@btinternet.com or the Scottish Athletics Events team with any queries/errors.

Directions

Travelling south on the M77/A77 take the 3rd exit for Kilmarnock. The AAA is close to the major intersection between the A77, A76, A71 and A735. Follow the signs for the A735 / Town Centre to reach the AAA.

Parking

Parking at the AAA is for officials only. Please follow map and directions below for Competitor Parking. This is adjacent to the course and is within 200 metres of the AAA



Competitor Parking

- The AAA is close to the major intersection between the M(A)77, A71 and A76. Follow the signs for A735/Town Centre.
- Follow map and directions below for Competitor Parking. Direction signs will be in place.
- From the Ayrshire Athletics Arena, continue on Queen's Drive/A735 for 0.1 miles (yellow dotted line) and at first roundabout take the second exit. Continue for 0.2 miles and at roundabout take the second exit.
- Move into outside lane and turn right at the traffic lights onto Newmill Road.
- Continue for 0.3 miles and competitor car park is on the right.