

INFORMATION FOR ATHLETES
4J scottishathletics National Outdoor Season Opener
Saturday 26th April 2025
ON-X Linwood, Brediland Road, Linwood, PA3 3RA

We look forward to welcoming you to ON-X Linwood for the 4J Studios **scottishathletics** National Outdoor Season Opener. We wish you an enjoyable and rewarding start to this season of competition.

All relevant information for each event can be downloaded from the [Fixture Page](#) on the **scottishathletics** website

5 Steps to Competing

1. **Pre-event – check the start list for event time and plan your arrival time.**
2. **Declare –Closes at least 60 minutes before your event Don't be late!**
3. **Warm up – access to the warm up area will be permitted according to the published schedule**
4. **Report to Assembly – report according to the schedule. Do not take any unnecessary belongings with you.**
5. **Compete!**

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. Any athlete running late for declarations should also call this number to declare by phone before declarations for their event close.

Admission

Athlete and spectator entry to the stadium will be via the main gates opposite the sports centre building.

A final timetable is available from the **scottishathletics** website for athletes to identify when to arrive. Athletes will be able to access the indoor warm up area from one hour before the assembly time for their event. If you arrive early for your event, please spectate or begin your warm up in outdoor areas until your warm up area access time. Declarations will open from 0830hrs and will close 60 minutes before each event start time.

Clubs are welcome to bring their own club tents, which can be pitched around the outside of the track. If bringing a club tent, please follow directions of staff and officials on the day.

Car Parking

We anticipate a large number of cars to arrive at the venue, so please ensure you arrive in plenty of time to park before you need to declare for your event(s). All drivers must be considerate to local residents and venue users and park responsibly.

Spectators, Coaches and Athlete Assistance/Chaperones

All non-athlete attendees should have registered with **scottishathletics** in advance via the dedicated Coaches and Spectators for the event. (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 - **£4**

Coach members of **scottishathletics** – **Free**

A pay on the day option of £6 by card is available for those who have not registered in advance. Coach members must register in advance if they wish to avoid the £6 on the door fee: we will not be able to check memberships on the day for free entry.

The warm up and competition areas will be accessible to athletes, officials, event staff and accredited coaches only. All coaches are still required to book spectator access as outlined above.

Any athlete requiring assistance during competition should complete and return an assistance request form by noon the Thursday prior to the event weekend. Any approved chaperones will not require a spectator ticket. Forms are available to download [here](#).

Withdrawals and Seeding Performances

If, for any reason, you are no longer able to attend this event, please contact the Competitions Team (events@scottishathletics.org.uk) as soon as possible. Athletes will be seeded as per seasons best/personal best times as stated at time of entry. Any updates should be reported **by 12 noon on the Wednesday prior to the competition weekend** and must be verified at www.thepowerof10.info or an international equivalent. The link to your profile should be provided when requesting a change.

Initial entry lists (with pools/bands if required) will be published on Friday afternoon a week prior to each event weekend (ie. 8-9 days pre-event). There may still be changes to PBs or withdrawals after this date. Any waiting lists will close when these lists are published, with no further places offered after the publication of the entry lists.

Declarations

Athletes must declare at the declarations area within the large shed. This is the first building just after admissions. Spectators and coaches should not accompany athletes to declarations. Relay team managers or one nominated athlete should declare on behalf of their team.

- Declarations Opening Hours: 0830 - 1515hrs
- Declarations close 60mins prior to each event start time
- Relay entries close at 1345hrs, but teams have until 60 minutes before their event to confirm their running order to declarations

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.

Numbers, when worn, must not be folded, mutilated or concealed in any way.

Relay Teams

This event will also incorporate new relay opportunities, with Mixed 4x100m and Mixed 4x400m events on offer. Relay team entries may be completed on the day at a cost of £11 per team. All relay teams must enter by 1345hrs.

Athletes in the same relay team do not need to represent the same club as this is not a championship. Athletes competing in Senior relay teams must have a date of birth in 2009 or earlier. In line with World Athletics guidance, 4x100m will run Female-Female-Male-Male and 4x400m will run Male-Female-Male-Female.

Warm Up

All athletes will be able to access the indoor warm-up track for a limited time prior to their event to complete their final preparations. This is to ensure space and safety for all in the indoor area. Athletes may be accompanied by **one** coach, who should leave the area when the athlete reports to Assembly. Athletes should note that warm up will NOT be permitted within the Competition Area, ie. the track itself will **not** be available for warm up.

Assembly Area

Please check the final Assembly Schedule on the day for your report times.

Athletes can enter the warm up area at any time whilst the area is open for their event (usually up to one hour before the assembly time), but must report to Assembly strictly before the published assembly time.

At the assembly time, athletes must report to Assembly for final checks prior to being escorted to the competition area. Coaches are not permitted within the Assembly space and should return to the spectator areas when their athlete reports for their event.

All athletes must report with the minimum amount of kit as reasonably possible. Personal equipment, including phones, music players and smart watches should not be brought into the area. 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 Assembly Area, and leg numbers will be distributed there. Athletes must compete in the colours of the affiliated club under which they entered, or a **current** National Vest. Relay team members do not need to wear vests in the same design at this event, but should still wear a club or national vest.

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

Track Events

- Athletes must report ready to race
- No personal starting blocks will be permitted. Stadium blocks will be provided at relevant start areas.
- A Start Information System may be in place for 100m and Sprint Hurdles races for officials' training. The use of starting blocks will not be mandatory for athletes.

Field Events

- High Jump - athletes will receive 2 warm up trials. Start heights are published on the final timetable, with progressions rising in 5cm increments.
- Long and Triple Jump – all athletes will receive 6 competition trials. 9m and 13m boards will be available for triple jump, with 11m also made available on request.
- Throws - all competitors will be allowed 6 competition trials. Athletes should throw the appropriate weight for their age group (U18, U20, Senior or relevant Masters).
- Competitors may use their own equipment, provided it is checked in at declarations and passed by the Technical Team.

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](#). WMA and WPA rules will also be used where appropriate.

Rule TR7 S2 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. 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 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 at Athlete Assembly, with any suspect shoes reported to the National Technical Delegate for investigation

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

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. At ON-X Linwood, the Competition Area is made up of the whole of the in-field and all lanes of the track. Parents/coaches/spectators should remain outside the track boundary at all times. Mobile devices, such as phones and smart watches, will not be permitted within the competition area.

UK Anti-Doping may be present at this event.