

ATHLETE INFORMATION

**FPSG scottishathletics West District Track & Field Championships and National Outdoor Open
Saturday 11th and Sunday 12th May 2019
Ayrshire Athletics Arena, Queens Drive, Kilmarnock, KA1 3XF**

We look forward to seeing you in Kilmarnock for the FPSG **scottishathletics** West District Track & Field Championships and National Outdoor Open. We wish you an enjoyable and rewarding competition.

This year, as a pilot, we are trying a change of format for Senior and Under 20 athletes. This will take the form of a National Outdoor Open event with Endurance and Throws being held at the Ayrshire Athletics Arena.

All 800m athletes will qualify to A, B or C finals to allow for 2 runs for each athlete. Heats will be seeded as per regular championship conditions, with lane draws for the finals based on the times recorded in round 1. In field events, the top 8 athletes will qualify for a further 3 trials.

All relevant information can be downloaded from the Fixture Page on the **scottishathletics** website by clicking the following link: [FPSG scottishathletics West District Track & Field Championships](#)

These Championships will be held under UKA Rules for Competition Incorporating IAAF Rules effective from 1st April 2018. A copy is available for download from the British Athletics website [Competition Rules](#).

Car Parking

Car Parking is available on a first come, first served basis. It is expected that the facility Car Park will fill up extremely quickly, but there is additional parking available in the overspill car park to the rear of the stadium. Car owners are reminded to park responsibly.

Admission

Saturday 11th and Sunday 12th May **open from 0830hrs**

Cost = £3 per day. Under 16s are FREE. Coaches FREE on production of valid coaching licence. Coaches are advised to make sure their UKA licence is up to date. If in doubt, please contact the **scottishathletics** office.

Programmes will not be on sale for these Championships. All relevant information will be posted on walls within the facility, and will be available online via the **scottishathletics** website.

Declarations

Located in the Indoor Warm Up area.

Opening Hours: Saturday 0830-1435hrs / Sunday 0830hrs-1400hrs

Event Closing Times

Pole Vault: **75mins** prior to Event Start Time

All other events: **60mins** prior to Event Start Time

Athletes registering after this time will not be granted permission to compete.

Athletes must declare separately for each event they intend to participate in and ensure their name is circled on the entry list for all of their events.

Athletes must RETAIN any numbers issued on Saturday for Sunday events.

REMINDER: Athletes will be required to declare on each day – Saturday for Saturday and Sunday for Sunday events.

All athletes and coaches should be aware of UKA Rule 142 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.

Please inform the Referee if you are not fit to continue in an event for which you have declared.

Event Help Line: Athletes who may be running late must contact Mobile No. **07584 146796** to notify us of your arrival. If unanswered a message should be left detailing name, issue and return contact telephone/mobile number.

Competition Numbers

Issued at declarations.

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

Warm Up Area

The Warm Up area should be accessed only by Athletes for warm up / cool down and suitably qualified coaches. It is not to be used as a social area and must be kept clean and tidy at all times. Food must not be consumed within the Warm Up area.

Athletes who are in the warm up area when not required will be instructed to leave. Any unattended belongings will be removed.

A one way system will be in operation within the warm up area, running from the Declarations area towards the finish line area. Lanes 1 and 6 are to be used for walking with Lanes 2 – 5 for warm up use.

Hurdle athletes will be allocated space to warm up but must share hurdles as much as possible.

Warm Up	Saturday	0830-1000hrs	Hurdles and Field only.
	Saturday	1000hrs on	Open to all athletes
	Sunday	0830hrs on	Open to all athletes

Call Room

All athletes must report to Call Room prior to their event as per the Call Room Schedule. Athletes should report to Call Room with the least amount of kit practically possible.

The Call room will be located in the Store Room at the End of the Indoor Warm Up area.

Personal equipment, including phones, music players and Smart Watches should not be brought into the Call Room.

Bags will be checked and any of the above items will be removed.

Only Sports Top drinking bottles will be allowed in the arena.

Vests, competitor numbers and spikes will be checked in the Call Room and leg numbers will be distributed there. Athletes must compete in the colours of the club under which they entered or a Current National Vest.

Approximate Call Room Times

20 minutes for Track events, **30 minutes** for horizontal jumps and throws, **40 minutes** for Pole Vault. **High Jump events** will begin warm up **30 minutes** before the event time or as soon as the previous event has concluded. The timetable is very tight due to the large number of entries and all athletes **must** listen for announcements.

Track Events

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

Athletes will be seeded as per Seasons Best/Personal Best times as stated at time of entry. Any changes to performance should be reported in advance but must be verified at www.powerof10.info.

SENIOR and UNDER 20 Athletes – All 800m athletes will qualify for A, B or C finals, first round heats will be seeded as per championship conditions.

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 within the start areas.

False Start

The Championships will operate under UKA rules.

All athletes should be aware that the current UK Rule 162 will be in operation i.e. no false start will be allowed without the liability of disqualification of any false starting athlete. 162 S1 refers to U13 and U15 athletes who will receive a warning for one false start and disqualification for two false starts.

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 event if you qualify for an event in which you do not participate without giving a valid reason to the Referee (UK Athletics Rule 142(4)). This Rule applies to both Track & Field events.

Field Events

Competitors may use their own equipment provided it is "checked in" 75 minutes prior to event time and that it is passed by the Referee.

Athletes should note Rule 187 S1 Competitors may use any implements provided for general use. Competitors who wish to use their own implements must submit them to the referee for approval. An athlete shall not use another's implement without the owner's prior permission.

Where appropriate, competitors will be allowed three attempts with the top 8 athletes qualifying for a further three attempts.

High Jump – Starting Heights

1m06 – U13 Girls / U13 Boys

1m19 – U15 Girls

1m24 – U15 Boys

1m27 – U17 Women

1m37 – U17 Men

All heights will progress in 5cm increments.

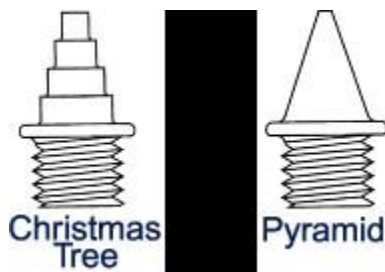
Pole Vault – Starting Height 2m00 (All Ages) and will progress as follows – 2m20-2m35-2m50 and 10cms thereafter. No vaulting poles will be available at the stadium.

If an athlete is in a field and track event at the same time, it is extremely important that you notify the Call Room when reporting in.

Spike Usage for Mondo Surfaces

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.

Acceptable Spike Types:



Maximum spike length 7mm, 9mm for High Jump, 13mm for Javelin

Presentations

Presentations will be conducted as soon as possible following the conclusion of the events 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.

Medals will ONLY be presented to U13, U15 and U17 athletes. SENIOR and UNDER 20 athletes will not be awarded medals at this event.

Misconduct

Attention is drawn to UK Athletics Rule 145S1 regarding Misconduct – Athletes should make themselves aware of the content of this Rule.

Anti-Doping

UK Anti-Doping may be present at this event.

Club Representation

Track and Field Championship Rule for **scottishathletics** members with multiple club memberships

- Athletes who do not have a Scottish Club affiliation on the provision they are a member of their National Governing Body can compete for their non Scottish Club at the Championships.
- **scottishathletics** athletes who in addition to being a member of a Scottish Club are also members of a **non-Scottish Club** should compete for their Scottish Club at all **scottishathletics** Championship events.
- **scottishathletics** athletes who are members of more than one Scottish Club can choose which club they intend to represent this must be done at the point of entry. This is regardless of their membership status of each club.
- Athletes may only compete for one Scottish Club at **scottishathletics** Championship events over the course of any competition year. (Running annually from 1st October). i.e. Athletes must compete for the same club in the District and National Championships. (Except Track and Field Relays)

The above rule will allow athletes who have changed their first claim club for competition purposes to be eligible to compete in District and National Championships for the club of their choosing.

August National Championships: Qualifying Conditions

Following a formal competition review by the Track and Field Commission of **scottishathletics** the following entry restrictions will be implemented for National Championships (August 2019). This is to ensure as many athletes as possible have the opportunity to compete and to adhere to UKA Rule 2 S2(ii) in relation to the maximum length of day for an athletics competition.

Entry Restrictions

Under 13: Athletes may ENTER a maximum of 2 events only over the course of the National Championships

Under 15: Athletes may ENTER a maximum of 2 events only over the course of the National Championships

Under 17: Athletes may ENTER a maximum of 3 events only over the course of the National Championships

Athletes who exceed this number of entries will be contacted and asked to confirm which events they intend to enter.

Long Jump

Athletes with a verified performance standard as outlined below will be guaranteed entry into the National Championships, in addition athletes ranked in the top 10 in Scotland as of the closing date and/or achieved a top 3 performance in their District Championships will also be guaranteed their entry.

Should the total entry exceed 24 then athletes who do not meet the criteria will have their entry rejected and fee refunded.

U13 GIRLS 3m80 U13 BOYS 3m80

U15 GIRLS 4m60 U15 BOYS 4m80

U17 GIRLS None U17 MEN None

U20 Women None U20 Men None

Senior Women None Senior Men None

Performances will be ratified via www.powerof10.info

Please use your performances at the upcoming District Championships to guide your preparations for the National Championships later in the season.