

## **ATHLETE INFORMATION**

**FPSG scottishathletics East District Track & Field Championships and National Outdoor Open**  
**Saturday 11<sup>th</sup> and Sunday 12<sup>th</sup> May 2019**  
**Grangemouth Stadium, Kersiebank Avenue, Grangemouth, FK3 0EE**

We look forward to seeing you at Grangemouth for the FPSG **scottishathletics** East 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 Sprints and Jumps being held at Grangemouth Stadium. All sprint athletes will qualify to A, B, C, etc. finals to allow for 2 rounds for each athlete. In field events (except vertical jumps) 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:  
[FPSG scottishathletics East District Track and Field Championships](#)

These Championships will be held under UKA Rules for Competition Incorporating IAAF Rules effective from 1<sup>st</sup> 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. Please note that alternative parking is available in the overspill car park at the rear of the stadium. Alternative Car Parking is also available at Grangemouth High School, accessible via Tonto Drive past Bowhouse Primary School. All drivers must be considerate to residents and park responsibly.

### **Admission**

Saturday 11<sup>th</sup> and Sunday 12<sup>th</sup> May open from 0830hrs – Cost £3

Under 16's 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 via scottishathletics website.

### **Declarations**

Located in the Indoor Warm Up area.

Opening Hours: Saturday 11<sup>th</sup> May 0830-1500hrs / Sunday 12<sup>th</sup> May 0830-1345hrs

### Event Closing Times:

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

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

**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.**

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

**Event Help Line:** Athletes who may be running late must contact Mobile No. **07376 603134** to notify us of your arrival. If unanswered a message should be left detailing name, issue and return contact telephone/mobile number.

**\*\* 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.

COMPETITION NUMBERS Issued at declarations. Numbers must not be folded, mutilated or concealed in any way.

### **Competition Area**

UKA rule 21: 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.

### **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. 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 on the shelving provided or within lockers in the changing rooms. Neither the track nor bag-storage area are to be used as a social space, and both must be kept clean and tidy at all times. Athletes who are in the warm up area when not required will be instructed to leave.

Athletes must adhere to the **one-way system** within the warm up area. This will be from right to left (away from the Call Room) as you enter the area from the outdoor track side. The first lane will be for walking only, with the further lanes for warming up.

Warm Up Times	Saturday 11 <sup>th</sup> May	0830-1000hrs	Hurdles and Field Athletes only.
	Saturday 11 <sup>th</sup> May	1000hrs onwards	Open to all athletes
	Sunday 12 <sup>th</sup> May	0830hrs onwards	Open to all athletes

Hurdles athletes will be allowed to Warm Up within the competition area on Saturday and Sunday Mornings and Lunch times.

### **Call Room**

Athletes must report to Call Room prior to their event.

Track Athletes must report to Call Room with the minimum amount of kit as reasonably possible. 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.

Approximate Call Room reporting times: Track 20mins

Athletes must check the Call Room Schedule for confirmation of reporting times.

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.

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). This Rule applies to both Track & Field events.

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

### **Assembly Area - Field Events only**

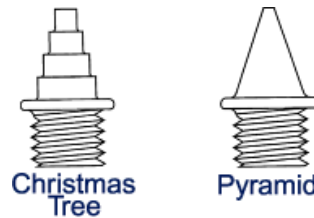
Field Athletes should report to the Assembly area adjacent to the Call Room at the appropriate time as per the Assembly schedule; Approximate Assemble times will be

**30 minutes** for horizontal jumps and throws, **45 minutes** for Pole Vault, **35 minutes** for High Jump.

### **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. Alternative spikes will be available to purchase at reception

#### Acceptable Spike Types



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

### **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](http://www.powerof10.info).

SENIOR / UNDER 20 Athletes – All 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. Athletes changing rooms, warm-up and athletes Call Room will be clearly signposted.

#### 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.

## **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 Technical Manager/Referee.

Athletes should note Rule187S1 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 EIGHT athletes qualifying for a further three attempts. SENIOR / UNDER 20 Athletes – Where appropriate, competitors will be allowed three attempts with the top EIGHT athletes qualifying for a further three attempts. If less than 8 athletes all athletes will receive six attempts.

High Jump – Starting Heights

1m06 – U13 Girls / U13 Boys

1m19 – U15 Girls

1m26 – U15 Boys

1m27 – U17 Women

1m37 – Senior / U20 Women

1m41 – U17 Men

1m56 – Senior / U20 Men

All heights will progress in 5cm increments.

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

## **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.

## **Other Information**

Attention is drawn to UK Athletics Rule 145S1 regarding Misconduct – Athletes should make themselves aware of the content of this Rule. UK Anti-Doping may be present at this event.

## **Track and Field Championship Rule for SA 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 1<sup>st</sup> 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.

## **Future Planning - 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. 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.thepowerof10.info](http://www.thepowerof10.info)