

INFORMATION FOR ATHLETES
Jumps Series Grand Prix
Saturday 14th September 2019

Linwood Sports Centre, Brediland Rd, Linwood PA3 3RA

Thank you for your entry into the Jumps Grand Prix Series, we look forward to seeing you at the final event and wish you an enjoyable and rewarding competition.

All relevant information can be downloaded from the Fixture Page on the **scottishathletics** website by clicking [here](#).

This event 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.

Car Parking

Parking is available on a first come first served bases at the stadium.

Declarations

Within the Porta cabin at track side.

Event Closing Times: 60mins prior to Event Start Time, Declarations will close at 12:30hrs.
Please inform the Referee if you are not fit to continue in an event for which you have declared.

Competition Numbers: Not required for this event, athletes will be called up by name only.

FIELD EVENTS

All athletes will receive 6 trials (except High Jump). No reversal of the ranking order will take place after round 3.
All horizontal jumps will be held running with the direction of the wind.
U15 Athletes in Triple Jump will be limited to a maximum 22m run up.

STARTING HEIGHTS and PROGRESSIONS

Starting heights will be confirmed at the beginning of each event and will rise by 5cm until 3 or less athletes remain.

The first event will start at 12:15pm sharp, but officials will be in place for athletes to warm up from 11:45am. Athletes will be allowed as many warm up attempts as required before the scheduled start time.

Officials will be in place for Warm Ups 35 mins in advance event start times, or as soon as previous event finishes.

CALL ROOM: There is no call room at this meeting, all athletes must report to their events a minimum of 30 minutes before the scheduled start time.

Spikes: All spike types acceptable. Maximum spike length 7mm LJ,TJ, 9mm for High Jump

Spectators

We would like to encourage coaches and spectators to get as close as possible to the events, to make this a relaxed, intimate and enjoyable event as possible. High Jump spectators may watch from Lane 1 of the track, Long Jump spectators may watch from the lane 1 alongside the runway, with athletes on the opposite side of the runway.

Event Help Line: Mobile No. 07584146796 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/mobile number.