

## **ATHLETE INFORMATION**

### **FPSG scottishathletics North District Track & Field Championships**

**Friday 10<sup>th</sup> and Saturday 11<sup>th</sup> May 2019**

**Inverness Leisure Centre, Queens Park Stadium, Inverness, IV3 5SS**

We look forward to seeing you in Inverness for the FPSG **scottishathletics** North 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. All athletes entered in 100m and 200m track events will qualify to A and B 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.

Event documents can be downloaded from the **scottishathletics** website:

[FPSG scottishathletics North 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. Additional Parking is available within the Rugby Club Car Park.

Car owners are reminded to park responsibly.

### **Declarations**

Located in the Admin Block

Opening Hours:

Friday 10<sup>th</sup> May 1630-1850hrs

Saturday 11<sup>th</sup> May 0830-1430hrs

### **Event Closing Times**

#### **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.**

Pole Vault 75mins prior to Event Start Time

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. **07718526373** 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 Friday for Saturday events.**

**REMINDER – Declarations for Saturday events will open on Saturday morning only, athletes will be required to declare on each day. – Friday for Friday events and Saturday for Saturday 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.

NOTE: The same numbers must be used for both Friday and Saturday events.

### **Warm Up**

Athletes should take care when warming up on the track and be aware of events continuing within the stadium.

### **Call Room**

Call Room will not be in operation at these Championships.

Track Athletes must report to their event start area 20mins before the scheduled start time.

Field Athletes must report to their events as follows;

**20 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.

Personal equipment, including phones, music players and smart watches should not be brought to the event start area.

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

Vests, competitor numbers and spikes will be checked at the beginning of all events, leg numbers will be distributed at the start if required. 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.

### **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 seed times should be reported at declarations.

SENIOR / UNDER 20 Athletes – All athletes entered in 100m and 200m track events will qualify to A and B finals to allow for 2 rounds for each athlete. 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.

## **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 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 six 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.

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 1m90 (All Ages) and will progress in 10cm increments.

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 REGISTRATION TEAM when reporting in AND THEN LISTEN CAREFULLY DURING THE DAY FOR ANNOUNCEMENTS.**

**ATHLETES AND COACHES MUST REFRAIN FROM CROSSING THE INFIELD IN ORDER TO ACCESS THE MAIN SPORTS CENTRE BUILDING**

## **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.

## **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 -  
Championships**

**National  
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)