

## **IMPORTANT INFORMATION FOR ATHLETES**

### **BANK OF SCOTLAND UNDER 15 & UNDER 17 CHAMPIONSHIPS GRANGEMOUTH – SATURDAY 15<sup>th</sup> and SUNDAY 16<sup>th</sup> AUGUST 2009**

We look forward to seeing you at Grangemouth for these Championships and wish you enjoyable and rewarding competition.

Please find attached a Timetable for the Championships and please note: -

- **U15 and U17 Athletes can only declare for a maximum of 3 events on one day**
- **Athletes can only declare for events that they have entered**
- **Athletes MUST declare at least 60 minutes before the published time of the FIRST round of their event or by 1400 hours at the latest**
- **All declarations will cease at 14.00 hours**

#### **CALL ROOM**

**Athletes must report to Call Room prior to their event. 20 minutes for track athletes, 30 minutes for horizontal jumps and throws, 50 minutes for High Jump, 60 minutes for Pole Vault.**

Personal equipment, including phones, ipod/mp3/CD players should not be brought into the Call Room - Bags will be checked and any of the above items brought to the Call Room will be removed and sealed in named bags.

Personal items can be collected from the Call Room after competition. All athletes will be asked to sign for their personal belongings.

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

**Spike Length: All track athletes must not exceed 9mm spikes.**

**Spike Length: All javelin and high jump athletes must not exceed 12mm spikes in the heel.**

Athletes involved in Track and Field events, which clash *must* make this known at Declarations and Assembly and proceed to the field event from where they will be collected for their track event.

Entry to the arena for spectators will be free, Programmes £2. On entry to the Stadium you will be directed to the Athletes Registration and Athletes Assembly areas. **An Indoor Warm-Up Area has been provided.**

Parking is available at the Stadium car park. There is further car parking available at the rear of the Stadium.

**Field Events:** competitors may use their own equipment provided it is “checked in” 90 minutes prior to event time and that it is passed by the Technical Manager. Where appropriate, competitors will be allowed three attempts and thereafter the leading eight competitors will be allowed a further three trials. No Vaulting poles will not be available at the stadium.

**Victory Ceremonies:** Presentation of awards will be made as soon as possible after the event. Medal winners must hold themselves available for presentation.

**Anti Dope Testing:** Random anti dope testing may be carried out.

**Please Note:** Photo finish will be in operation and care should be taken by spectators and athletes at the finish of the circular track.

Your attention is drawn to UK Athletics Rule 22(2) regarding Misconduct – Athletes should make themselves aware of the content of this Rule.

#### **SECURITY OF PERSONAL BELONGINGS**

It is suggested that you make use of the lockers, which are situated in the Stadium.

