



IMPORTANT INFORMATION FOR ATHLETES

INTER REGIONAL CHAMPIONSHIPS 2009, Wishaw

Scottish U15 & U17 Closed Championships 2009

We look forward to seeing you at Wishaw Sports Centre for these Championships and wish you an enjoyable and rewarding competition.

A Timetable for the event is attached. You can also access the timetable via the website www.scottishathletics.org.uk The Timetable is provisional and will be adhered to as far as possible unless circumstances beyond the organisers control deem it necessary to alter. **IF HEATS ARE NOT REQUIRED Finals will be contested at HEAT time.** Entry to the Championship venue is free and programmes will be on sale. On arrival Wishaw Sports Centre you will be directed to Athletes Registration in the Main Hall.

Athletes changing, warm-up and athletes Call Room will be clearly signposted. An indoor warm-up area will be provided within the main hall.

Please note: **ATHLETES ARE WARNED THAT THERE SHOULD BE NO SPIKES WORN WITHIN THE SPORTS COMPLEX AT ANY TIME.**

Athletes should declare their intention to compete **at least 60 minutes before event time.** Declarations will close 1 hour prior to the time of the first round of an event, **90 minutes for Pole Vault** and all declarations will close at 2 pm.

Please Note - Personal starting blocks will not be allowed in the arena. Sufficient sets of Stadium Blocks will be provided at the relevant start areas **and these should not be removed from these points. Spikes must not be worn outwith the athletics arena.**

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

If an athlete is in a field or track event at the same time, please report to the Call Room and inform an official of your location so that you can be collected from there.

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.

There will be designated warm-up areas outdoors and indoors. Hurlers will be allowed time on the track prior to the start of their race.

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 Sports Centre.

Directions: (Westbound)

Enter onto the M8 heading westbound. Leave the M8 at junction 6, then at roundabout take the 1st exit onto the A73. At roundabout take the 2nd exit onto the A73 signposted Peebles, Lanark, Carlisle, Wishaw, At roundabout take the 4th exit onto the A722 signposted Wishaw. At roundabout take the 1st exit onto the A722, at traffic signals continue forward onto Caledonian Road - B7032 signposted Overtown, At mini-roundabout turn right onto Alexander Street signposted Sports centre. Arrive at ML2 0HQ, Wishaw.

Click on the link below to access aerial map. <http://www.theaa.com/route-planner/index.jsp>

Directions: (Eastbound)

From Glasgow City, turn right onto Cowcaddens Road, at traffic signals turn left onto North Hanover Street Signposted Aberfoyle, Greenock. Glasgow Airport. At traffic signals turn left onto the A804 Signposted Aberfoyle, Greenock, Glasgow Airport, M8. Continue forward onto the A879 Take right hand lane turn right onto the A879 signposted Edinburgh, Stirling, Carlisle, M8, M80, M74, Branch right, then join the M8 Leave the M8 at junction 8, then join the M73 motorway signposted Edinburgh, Carlisle, Coatbridge Leave the M73 at junction 1, then join the M74 motorway signposted Carlisle Leave the M74 at junction 6, then bear left onto the A723 signposted Motherwell. At roundabout take the 3rd exit onto the A721 signposted Wishaw, Carry on the A721. At roundabout take the 2nd exit onto the A721 signposted Wishaw, Craigneuk At roundabout take the 1st exit onto the A721 At roundabout take the 3rd exit onto Alexander Street signposted Panther Sports Centre. Arrive at ML2 0HQ, Wishaw

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