



## **IMPORTANT INFORMATION FOR ATHLETES**

### **SCOTTISH ATHLETICS EAST DISTRICT CHAMPIONSHIPS**

**SATURDAY 12<sup>th</sup> & 13<sup>th</sup> MAY 2012 – MEADOWBANK SPORTS CENTRE**

We look forward to seeing you at Meadowbank for the Scottish East District 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](http://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 it. **ALL EVENTS WILL BE HELD ON THE DAY SPECIFIED.** Admission to the event for spectators is £2 per person including programme. Parking at the venue is on a first come first served basis at owner's risk. **Please be aware that there is a big Judo event on Saturday and a basketball event on Sunday; so parking may be a problem.**

Please enter through the concourse. **Declarations are in Hall 4.** Athletes should declare their intention to compete at least **60 minutes** before event time – declarations will close **60 minutes** before the event start time. All declarations will close at 2pm

To avoid congestion in the declarations room **only competitors in track events up to 11.30 and 11am field event competitors should declare before 10am** other competitors can declare any time after this.

The East District Championships will operate under **UKA rules**. Please make sure that you are aware of the different hurdles specifications, details can be found on the Scottish Athletics Website under Calendar.

#### **Competition Numbers**

These will be issued on declaration for your event. Only competitors wearing the correct number will be permitted to compete - numbers are required front and back (apart from HJ and PV) securely fastened with 4 pins.

**Warm-up area** is the concourse and hurdles will be available. **THERE IS NO CALL ROOM**

Athletes should report to the start area **20 minutes before a track event** and the event area **30 minutes before a field event (45 minutes for PV)**

Sufficient sets of Stadium Blocks will be provided at the relevant start areas **and these should not be removed from these points. Personal blocks should be checked by the Start Team.**

**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.

**Finals will be at heats time if heats are cancelled**

Personal equipment, including phones, ipod/mp3/CD players should not be brought into the Arena

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**

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

**False Starts:** Athletes should be aware that the current UK Rule 111 will be in operation for seniors and U20 athletes only ie after one false start the athlete is disqualified

### **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. 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 be available at the stadium.**

**If an athlete is entered for a field and track event scheduled at the same time, he/she should report to the field event first, measure his/her run up and advise the chief judge that he/she has entered a coinciding track event.**

**Victory Ceremonies:** Athletes should make themselves available for presentations following their event. Presentations will take place as soon as possible following the conclusion of the event. First 3 in each age group field event will be taken to the presentation area immediately after the event. First 3 in track events should listen for an announcement. First in each U20 event will receive a medal.