

Athletes Information
East District Track & Field Championships
23rd & 24th May 2014
Pitreavie Athletics Centre

Getting There & Parking

The East District Championships will take place at Pitreavie Athletics Centre, Queensferry Road, Dunfermline. The postcode is KY11 8PP for those of you who use satnav.

Parking is available at the centre on a first come first served basis. Please note there be football matches on Saturday and parking is likely to be at a premium. Additional parking is available in the Castle Industrial Estate opposite the main entrance to the sports grounds.

Declarations

On arrival, athletes please report to declarations which will be situated in the indoor warm up area of the Pitreavie Athletics Centre. **Declarations will open from approx. 4.15pm until 8.00pm on Friday evening and 8.15am until 4.00pm on Saturday.** (this depends on how long it takes to set up after access is gained to the stadium) Athletes must declare **no later than one hour before their scheduled event (70 minutes for Pole Vault)** If athletes are competing on Friday & Saturday they are required to declare on **both days**.

Competition Numbers: These will be issued on declaration for your event(s), one number per athlete. Only competitors wearing the correct number will be permitted to enter the main arena. Numbers must not be folded, mutilated or concealed in any way. Athletes competing on Friday & Saturday must retain their number to be used on both days.

Please inform the Referee if you are not fit to continue in an event for which you have declared.

If any athletes is in a field and track event at the same time, it is extremely important that you please notify the Callroom when reporting in.

Changes to PBs: Due to a shortage of admin staff we will not be able to allow changes to PBs on the day. Seeding will be based on the PB given on the entry form.

Callroom

Will be situated in the indoor warm up area at the opposite end from Declarations. Track athletes should be advised that they should report to Callroom no later than **20 minutes before their scheduled event**. All athletes should be reminded that coaches and/or parents are not permitted in Callroom.

Leg numbers: will be issued in Callroom.

Field Athletes are not required to report to Callroom but should report to their event 30 minutes (60 minutes for Pole Vault) before the scheduled time.

Timetable

Timetables are available online and are sent out along with the athlete's information. They will also posted at the event. If not enough athletes declare for heats then the event will take place as a final which will go at the timetabled heat time of that event.

Shot Put

Note to all entrants in to the shot put, due to the conditions of the Shot Put at Pitreavie, any records set will NOT be recognised. We've tried to rectify this in time but have been unable to do so. Apologies for any inconvenience.

Equipment

Own Equipment Check in: Must be 75 minutes before start of your event

Use of own blocks: Athletes are allowed to use their own blocks, but they must have them checked by a starter/marksman.

Length of Spikes: 9mm for track and 12mm for High jump and Pole Vault

Spectators

Access for spectators is free and all are welcome.