

ATHLETE INFORMATION
East District Track & Field Championships
Friday 12th and Saturday 13th May 2017

Grangemouth Stadium, Kersiebank Avenue, Grangemouth, FK3 0EE

We look forward to seeing you at Grangemouth for the East District Track & Field Championships, we wish you an enjoyable and rewarding competition.

All relevant information can be downloaded from the Fixture Page on the scottishathletics website by clicking the following link:

[East District Track and Field Championships](#)

These Championships will be held under UKA Rules for Competition Incorporating IAAF Rules effective from 1st April 2016. A copy is available for download from the British Athletics website [Competition Rules](#). In addition to the published rules within the Rule Book, all athletes and coaches should also make themselves familiar with the IAAF Rules effective from 1st November 2015.

Car Parking

Car Parking is available on a first come first served basis. Please note that alternative parking is available in the overspill car park at the rear of the stadium. Alternative Car Parking is also available at Grangemouth High School, accessible via Tonto Drive past Bowhouse Primary School. All drivers must be considerate to residents and park responsibly.

Admission

Friday 13th May open from 1600hrs - Cost £1

Saturday 14th May open from 0800hrs – Cost £3

Under 16's are FREE. Coaches FREE on production of valid coaching licence.

Coaches are advised to make sure their UKA licence is up to date, if in doubt please contact the **scottishathletics** office.

Programmes will not be on sale for these championships, all relevant information will be posted on walls within the facility and will be available via scottishathletics website.

Declarations:

Indoor Warm Up area.

Opening Hours:

Friday 13th May 1600-1900hrs

Saturday 14th May 0830-1515hrs

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.

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.

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.

Warm Up Area and Competition Area

Due to ongoing refurbishment of the Indoor Athletics Track at Grangemouth there is a possibility that there will be NO access to the Indoor Warm Up Track for any Athlete or Official.

Should this be the case all Warm up activity must take place outside and on the blaze areas surrounding the athletics track.

Athletes will NOT be permitted to warm up within the Competition Area.

Competition Area UKA Rule 21S4(6) and Rule 144

The competition area is defined as the area where the competition is being staged and which has access restricted to the competing athletes and appropriate officials.

At Grangemouth Stadium, the Competition Area is defined as the whole of the in-field and all lanes of the track, extending to the grass areas at track level on both bends and on the back straight, barriers placed along the home straight identify the edge of this area. Parents/Coaches/Spectators should remain on the banked tarmac area around the track and behind barriers on the home straight at all times.

We do hope to have the warm up area available for athletes to use. Should it be available all athletes should make themselves familiar with the warm up area etiquette document.

STRICTLY NO FOOD OR DRINK WILL BE ALLOWED WITHIN THE AREA

ATHLETES SHOULD WARM UP USING THE MIDDLE LANES (5-2) AND LANES 6 AND 1 FOR RETURNING TO YOUR START POSITION.

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.

Athletes changing, warm-up and athletes Call Room will be clearly signposted.

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 performance should be reported in advance but must be verified at www.powerof10.info.

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.

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 2m00 (All Ages) and will progress as follows – 2m20-2m35-2m50 and 10cms thereafter. 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 Call Room when reporting in.

CALL ROOM – Track Events only

Due to the continuing refurbishment work at Grangemouth Stadium the CALL ROOM will be located within the stand in the area nearest the 100m start. Spikes must not be worn in Call Room, athletes will be given time to change their footwear at the relevant start area.

Track Athletes should report to Call Room "Ready to Race" short walking distance without spikes will be required Reporting times will be set at 15mins prior to the event start time.

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

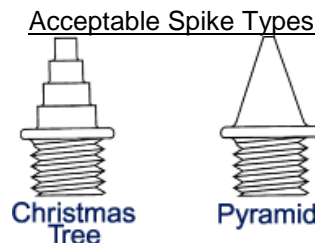
Vests, competitor numbers and spikes will be checked in the Call Room and leg numbers will be distributed there. Athletes must compete in the colours of the club under which they entered or a National Vest.

CALL ROOM - Field Events only

Field Athletes are not required to report to Call Room but should 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.

Spike Usage for Mondo Services

Under no circumstances will athletes be allowed to use needle spikes on the Mondo surface. Any athlete found to have these spikes whilst using the Mondo surface will be asked to remove them immediately. Alternative spikes will be available to purchase at reception.



Maximum spike length 7mm, 9mm for High Jump, 13mm for Javelin

Other Information

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 medalists will be taken directly to presentations, track athletes should report to presentations as soon as possible after their race.

Event Restrictions

In accordance with UKA Rules of Competition, Rule 141S1 and 21S4(6):

Under 13's

- Other than when competing in a combined event U13's may compete in a maximum of 3 events within the Championships.
- No athlete in this age group is allowed to compete in any race at 300m & 400m, nor in more than one race between 600m and 1mile inclusive on the same day (24hr Period).
- The above ruling means that U13 athletes who compete in the 1500m races on Friday 12th May are unable to compete in 800m races on Saturday 13th May.
- 800m and 1500m races will be run as Timed Finals. These will be seeded according to athletes declared seed times and personal bests. Medals will be awarded to the three fastest times recorded, regardless of which Timed Final they were achieved in.

Under 15's

- Other than when competing in a combined event U15's may compete in a maximum of 3 events within the Championships.
- No athlete in this age group is allowed to run in more than one different event between 600m and 3000m inclusive on the same day (24hr period).
- The above ruling means that U15 athletes who compete in the 1500m races on Friday 12th May are unable to compete in 800m races on Saturday 13th May.
- Triple Jump restrictions: 9m; 7m boards will be available only. Run Ups will be restricted to a maximum distance of 15m from the take off board.

Under 17's

- Other than when competing in a combined event U17's may compete in a maximum of 3 events within the championships.

- No athlete in this age group is allowed to run in any track event in excess of 5000m

Under 20's

- Junior's may not compete in more than 5 events on the same day of an athletics meeting. If Junior's are competing in a combined event they are not allowed to compete in any other event on the same day
- Juniors may only run in track events up to and including 10000m

Attention is drawn to UK Athletics Rule 145S1 regarding Misconduct – Athletes should make themselves aware of the content of this Rule. UK Anti-Doping may be present at this event.

National Championships: 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.powerof10.info

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. 162 S1 refers to U13 and U15 athletes who will receive a warning for one false start and disqualification for two false starts.

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 166S1). This Rule applies to both Track & Field events.

Event Help Line: Mobile No. 07584146796 is available to Athletes, Coaches, Officials or spectators for on the day enquiries if required. If unanswered a message should be left detailing name, issue and return contact telephone/mobile number.