

**2021 Lindsays scottishathletics National XC Relay Championships**  
**Saturday 23<sup>rd</sup> October 2021**  
**Scone Palace, Perth, PH2 6BD**

**Information for Clubs and Team Managers**

We look forward to seeing you at the National XC Relay Championships and wish you and your teams an enjoyable and rewarding competition. This document contains information on what to expect whilst attending the event, as well as instructions for online declarations.

All relevant information can be downloaded from the Fixture Page on the **scottishathletics** website here:  
<https://scottishathletics.sportserve.net/pages/event/athletics/athleticsbookingdetails.aspx?id=11570>

**5 Steps to Competing**

1. **Pre-event** – check the start list for your team's race time and athletes' arrival time(s).
2. **Declare** – closes 30 minutes before each race. Don't be late! Team Managers should declare on behalf of their team. You can declare in advance, but you will still need to collect your team's bibs and chips on the day.
3. **Warm up** – athletes should be careful to avoid competing runners whilst warming up
4. **Report to Start** – first leg runners should assemble 5-10 minutes before their race is due to start and be ready to race (no additional kit, water bottles, etc.)
5. **Compete!**

**COVID-19 Information**

Due to the ongoing COVID-19 pandemic there are a number of changes to procedures and protocols for all attendees at these events. These changes are for everyone's safety, and all attendees must take responsibility for their own hygiene and safe conduct before, during and after the event. **scottishathletics'** COVID-19 protocols will be in place for this event, including the wearing of appropriate face coverings, hand sanitiser stations and physical distancing. For further details please [click here](#).

Although physical distancing is no longer required within a COVID-secure environment, **scottishathletics** recommends that all athletes and spectators should remain 1m apart when possible. If visiting the Palace, face coverings must be worn whilst indoors, including in the café and toilets.

**Attending the Event**

**Admission and Parking**

The venue will be open to athletes, coaches and spectators from 0900hrs via the entrance from the car park. Attending clubs are responsible for recording attending Spectators and coaches. In the event of a Test & Protect request from NHS Scotland team managers details will be shared.

**Parking**

There will be **NO** parking at Scone Palace. Access to the site is via Stormontfield Road accessed off the A93 approximately 1mile NORTH of the entrance to the Scone Palace grounds. Parking is available on the grass area to the left of the access road. Please park responsibly.

### Declarations

Declarations Opening Hours: from 1000hrs

Event Closing Times: **30mins prior to Race Start Time**

Athletes will not need to declare individually. Teams will be selected from the pre-entered athlete pools submitted at the point of entry. **No additional names may be added on the day.** Team Managers must return completed Team Declaration forms to receive their team packs. Numbers are issued within team packs at declarations. Numbers must not be folded, mutilated or concealed in any way. Any unused timing chips **MUST** be returned to declarations.

Team Managers can declare their teams online at <http://www.chipresults.co.uk/xcadmin/> in advance of the day, or through a paper form on the morning of the event. To declare online, all clubs will require a unique username and PIN, which has been sent to the e-mail address included in the entry form at the point of entry.

Teams may amend their running order, either online or at declarations, up to 30 minutes prior to the start time for their race. All competitors **MUST** compete in the declared order. Athletes may run a maximum of 1 leg and may be declared in 1 team only on the day.

### Composition of Relay Teams

Young Athletes - Lap 1 - U13, Lap 2 - U15 or U13, Lap 3 - U17 or U15

Senior/Junior Teams and Masters Men – 4 legs

Masters Women, M50 and W50 – 3 legs

Women's Teams with 4 athletes will be considered for the Senior/Junior Race only.

**3<sup>rd</sup> Lap** in Senior/Junior Men's AND Women's race wear **Yellow** numbers

### Masters-only Teams

Masters teams - attach "V" to the FRONT and BACK of team members' vests.

V50 teams - attach "X" to the FRONT and BACK of team members' vests.

"X"s and "V"s can be collected from declarations on the day of the event.

Masters/V50 athletes running in Senior teams do not need this additional indicator.

### Event Help Line

Any team who may be running late must contact mobile no. **07718 526 373** to notify us of your anticipated arrival time. If unanswered, a message should be left detailing name, issue and return contact telephone number.

### Warm Up

There will be no designated warm up area for this event, but all athletes are asked to be mindful of other runners whilst warming up. Teams should use the designated crossing points to access/exit busy areas of the course, and must take care when warming up close to the course.

### Start Assembly

First leg athletes must report to the start 5-10 minutes prior to their event ready to race. Subsequent runners should report in time for the finish of their team mate and must not start running until directed by the designated official.

Vests, competitor numbers and spikes may be checked at the start. Athletes must compete in the colours of the club under which they entered and in the same design as those of their teammates.

### Finish Area

In line with current COVID-19 guidance, athletes and spectators are asked not to gather around the finish line. Athletes, after completing their run, must not sit/lie down in this area, and should move through as quickly as possible to return to spectator areas. Anyone requiring medical attention within this area will be attended to.

### Presentations

Presentations will be conducted as soon as possible following the conclusion of each race, and will be held on the podium by the presentations gazebo. Athletes should report directly to presentations immediately following the conclusion of their race.

### Rules

These Championships will be held under UKA Rules for Competition Incorporating IAAF Rules effective from 1<sup>st</sup> April 2020. A copy is available for download from the British Athletics website [Competition Rules](#).

All athletes should be aware that no false start will be allowed without the liability of disqualification of any false starting athlete. U13 athletes will receive a warning for one false start and disqualification for two.

Unsporting or Improper Behaviour: spitting (or similar) in any area may be treated as a conduct offence and will be dealt with by a warning or disqualification. Officials will remind athletes of this rule prior to each race. Any instances of athletes spitting within busy areas of the event site will be reported to the Referee who will issue the appropriate sanction, which may result in disqualification.

All athletes must make themselves familiar with the recently amended World and UK Athletics rules around shoes available [here](#). It is the athlete's responsibility to ensure compliance with these rules. Visual checks will be made at the event, with any suspect shoes reported to the Referee for investigation

### Assistance in Competition

Any athlete requiring assistance during competition should complete and return an assistance request form **by 4pm on Wednesday 20<sup>th</sup> October**. If you require a form, please contact [events@scottishathletics.org.uk](mailto:events@scottishathletics.org.uk)

## **scottishathletics Standard COVID-19 Protocols for Event Attendees**

Due to the ongoing COVID-19 pandemic there are a number of changes to procedures and protocols for all attendees at **scottishathletics** events. These changes are for everyone's safety, and all attendees must take responsibility for their own hygiene and safe conduct before, during and after attending any event.

### **COVID-19 Testing and NHS Scotland Test & Protect**

You should NOT attend an event if-

- You have COVID-19 symptoms.
- Someone in your household has COVID-19 symptoms.
- If you have been asked to self-isolate at home by the [Scottish Government Test and Protect system](#).
- If you are returning from a country outside the UK you must follow the Scottish Government guidance on quarantine.

**scottishathletics** supports NHS Scotland's Test & Protect programme. This will require that your contact details be shared with NHS Scotland, if requested in relation to a potential COVID-19 outbreak. We have made this decision to protect all competitors, attendees and volunteers at our events. Details shared will be your name and contact number only.

### **Spectators**

Under current guidance, limited numbers of spectators are permitted to attend events (maximum numbers depend on the level of the local authority at the time and the venue's capacity).

#### **Stadium Events – Track & Field**

Any spectators (including coaches) should apply for accreditation through the **scottishathletics** fixture page for the event they would like to attend.

#### **Non Stadium Events – Cross Country**

Team Managers or other club representative should be responsible for maintaining a record of non competing persons at an event. The Team Managers details will be provided to NHS Scotland if requested.

### **Physical Distancing**

Although physical distancing is no longer required within the covid secure environment, **scottishathletics** recommend that athletes and spectators should remain 1m apart when possible.

### **Face Coverings**

All event attendees are reminded to bring suitable face coverings with them when attending events as everyone is expected to wear a face covering whilst indoors. Please be aware that attendees who do not comply with this requirement may be asked to leave, or may be refused entry.

### **Toilets, Changing, Storage and Catering**

Toilets only will be available. Athletes and officials must wear a face covering when indoors.

There will also be no dedicated changing areas. Athletes are encouraged to arrive prepared to compete. There will also be no designated bag drop/storage area, so athletes are asked to bring only what they will need during the competition.

Attendees should bring their own refreshments as required. Any rubbish should be disposed of in the bins provided or taken away with you - do not leave anything in the warm up area, at the competition site or in spectator areas.