

**JOINT LEAGUE MEETING
SUNDAY 29th MAY 2022
GRANGEMOUTH STADIUM**

INFORMATION FOR ATTENDEES

We look forward to welcoming you to Grangemouth Stadium for the second Joint League meeting of 2022 and wish you all an enjoyable, rewarding and safe competition.

We would also like to say a special thank you to all **scottishathletics** officials, volunteers, and the staff at Grangemouth Stadium. Without their invaluable assistance this event would not be taking place.

This event will be held under UKA Rules for Competition incorporating IAAF Rules effective from 1st April 2022. A copy is available for download from the UK Athletics website:

6 Steps to Competing

1. Pre-event – check the start list for your event and arrival time.
2. Declarations – Closes **60 minutes** before your event. Final declarations at 14:30pm
3. Warm up – if using the indoor warm-up area please pay for access at reception
4. Reporting to Assembly Point
Track athletes - report 15 minutes prior to your event start time.
Field athletes – report straight to event site 15/20 minutes prior to start time for warm-up
5. Compete!

Spectators are allowed and the stand will be open for spectating.

Athletes should wear their club vest / athletes in composite teams can also wear their club vest

WITHDRAWALS

- If you are no longer able to compete in this event, please Email Leslie.roy1@virginmedia.com **before Friday 27th May**
- Final start lists will be confirmed and published on Aberdeen AAC website - <http://aaacresults.com/>
- All athletes are expected to check online for their band and report time.
- No changes will be made to band lists after they are published.
- Seeding and lane draws for track races will be available on the day of event

ARRIVAL

- Declarations will be open from 09:30am.
- All athletes **MUST** be registered with **scottishathletics** at time of Declaration otherwise they will not be able to compete.
- All athletes should report to Declarations, situated in the cafeteria immediately on arrival, where they will be issued with an individual athlete number
- Athletes who may be running late must contact their Team Manager to notify of late arrival.
- Car parking is at the front of the stadium only, the back car park area is being used as a warm-up area

- Athletes should wear their club vest.
- Athletes in composite teams can also wear their club vest

Declaration Closing Times: 60 mins prior to Event Start Time
Athletes registering after this time will not be granted permission to compete.

WARM UP, TOILETS, CATERING & FIRST AID

- Indoor warm up facilities will be available however athletes will need to pay £3.20 at reception to use this area
- The blaze area behind the 1500m start can also be used for warm-up.
- **No warming up will be allowed on the track.**
- Changing and showering facilities will be available within the stadium.
- The café will not be open, however, there will be a catering van on site.
- The Gym will be back in operation as the Officials' room
- St Andrews First Aid staff will be in attendance during the event.

DURING THE EVENT

- While in the Warm-Up area, athletes must be mindful of their race call up time and make their way towards the Assembly Point 15 mins before their event and await their call up.
- Athletes should arrive at the Assembly Point "ready to compete" (i.e., with / wearing only items you will need during the event).
- **Track** athletes called forward to the Assembly Point will be escorted into the stadium initially before being escorted to the start of their event.
- **Field** athletes should report direct to their event
- All Field event athletes will get three trials (except HJ/PV) with the top eight receiving a further three trials. (In mixed age events this must include a minimum of 2 athletes from each age group)
- Spikes: Christmas tree or pyramid spikes should be used. Maximum spike length: 6mm, or 9mm for HighJump.
- There will be no team points during the 2022 season
- Athletes should also make themselves aware of recently amended Rule T5.5 regarding soles of footwear and ensure that their chosen shoes are permitted in competition under UKA rules.
- **Under no circumstances are athletes to spit or clear their noses within the stadium without a tissue or something similar.**
- **Any athlete found doing so will be disqualified from the event and asked to leave the stadium and may also result in the any future entries being rejected.**