

INFORMATION FOR ATHLETES
4J scottishathletics District Championships
Friday 9th – Sunday 11th May 2025
Queens Park Stadium, Inverness (North)
Pitreavie Athletics Centre, Dunfermline (East)
Ayrshire Athletics Arena, Kilmarnock (West)

We look forward to welcoming you to this year's 4J **scottishathletics** District Track and Field Championships. We wish you an enjoyable and rewarding start to this season of championship competition.

All relevant information for each event can be downloaded from the [Fixture Page](#) on the **scottishathletics** website

5 Steps to Competing

1. **Pre-event – check the start list for event time and plan your arrival time.**
2. **Declare –Closes at least 60 minutes before your event Don't be late!**
3. **Warm up**
4. **Report to Assembly (West/East) or Start Area (North) – report according to the schedule. Do not take any unnecessary belongings with you.**
5. **Compete!**

Event Help Line

Mobile Nos. **07522 556771 (North), 07584 146796 (East) or 07718 536373 (West)** 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 number. Any athlete running late for declarations should also call this number to declare by phone before declarations for their event closes.

Admission

Athlete and spectator entry routes are detailed in the Athlete Information e-mail sent to all entrants on Friday 2nd May and published on the event fixture page.

A final timetable is available from the **scottishathletics** website for athletes to identify when to arrive. Athletes will be able to access the indoor warm up area (East and West only) from around one hour before the assembly time for their event. If you arrive early for your event, please spectate or begin your warm up in outdoor areas until your warm up area access time. Declarations will open from 0830hrs and will close 60 minutes before each event start time.

Clubs are welcome to bring their own club tents to the West Championships, which can be pitched around the outside of the track. If bringing a club tent, please follow directions of staff and officials on the day. Clubs spectating should use the stands in the North and East.

Car Parking

We anticipate a large number of cars to arrive at each venue, so please ensure you arrive in plenty of time to park before you need to declare for your event(s). All drivers must be considerate to local residents and venue users and park responsibly.

Spectators, Coaches and Athlete Assistance/Chaperones

Any athlete requiring assistance during competition should complete and return an assistance request form by noon the Thursday prior to the event weekend. Forms are available to download [here](#).

All non-athlete attendees at the **East and West** should have registered with **scottishathletics** in advance via the dedicated Coaches and Spectators for the events. (Parents can register via their child's account if they are not members themselves). All attendees will need to show their confirmation e-mail (either printed or on a mobile device) to gain access to the venue on the day.

Online entry fees:

Spectators - **£4**

Coach members of **scottishathletics** – **Free**

A pay on the day option of **£6** by card is available for those who have not registered in advance. Coach members must register in advance if they wish to avoid the £6 on the door fee: we will not be able to check memberships on the day for free entry.

The indoor warm up and competition areas will be accessible to athletes, officials, event staff and accredited coaches only. All coaches are still required to book spectator access as outlined above.

Withdrawals and Seeding Performances

If, for any reason, you are no longer able to attend these events, please contact the Competitions Team (events@scottishathletics.org.uk) as soon as possible. Athletes will be seeded as per seasons best/personal best times as stated at time of entry. Any updates should be reported **by 12 noon on the Wednesday prior to the competition weekend** and must be verified at www.thepowerof10.info or an international equivalent. The link to your profile should be provided when requesting a change.

Initial entry lists be published on Friday afternoon a week prior to the event weekend (ie. 8-9 days pre-event). There may still be changes to PBs or withdrawals after this date. Any waiting lists will close when these lists are published, with no further places offered after the publication of the entry lists.

Declarations

Athletes must declare at the signposted declarations area on arrival. Parents and coaches should not accompany athletes to declarations.

- Declarations Opening Hours: 1600 on Friday evening; 0830 on Saturdays and Sundays
- Declarations close 60mins prior to each first-round event start time

Athletes must declare separately for each event they will participate in and ensure their name is circled on the entry list for **each** of their events. Athletes registering after an event has closed will not be allowed to compete. Please inform the Referee if you become unfit to continue in an event for which you have declared.

Numbers, when worn, must not be folded, mutilated or concealed in any way.

****REMINDER – Athletes must declare on each day: Friday for Friday events, Saturday for Saturday events and Sunday for Sunday events. Athletes must RETAIN any numbers issued on day 1 for day 2****

Warm Up

North: No designated warm up area. Athletes should take care if warming up on the track and be aware of other events taking place within the stadium.

East and West: All athletes will be able to access the indoor warm-up track for a limited time prior to their event to complete their final preparations. This is to ensure space and safety for all in the indoor areas. Athletes may be accompanied by **one** coach, who should leave the area when the athlete reports to Assembly. Athletes should note that warm up will NOT be permitted within the Competition Area, ie. the track itself will **not** be available for warm up.

Assembly Area

Please check the final Assembly Schedule on the day for your report times.

North – assemble at the event site

East and West – assemble at the end of the indoor warm up area

Athletes can enter the warm up area at any time whilst the area is open for their event (usually up to one hour before the assembly time), but must report to Assembly strictly before the published assembly time.

At the assembly time, athletes must report to Assembly for final checks prior to being escorted to the competition area. Coaches are not permitted within the Assembly space and should return to the spectator areas when their athlete reports for their event.

All athletes must report with the minimum amount of kit as reasonably possible. Personal equipment, including phones, music players and smart watches should not be brought into the area. Bags will be checked and any of the above items will be removed. Items will be left at the athlete's own risk.

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

If you are competing in a field and track event at the same time, it is extremely important that you notify the Assembly Area when reporting in.

Track Events

- Athletes must report ready to race
- No personal starting blocks will be permitted. Stadium blocks will be provided at relevant start areas.
- In the event of a withdrawal from an athlete who has qualified for a semi final/final, the next athlete who would have qualified will progress to the next round. Two reserves will be displayed in the online results. It is the responsibility of these athletes to check regularly for updated start lists in case they are given a place in the next round. No lane re-draws will take place.
- East and North steeplechase competitions will take place at the West venue, but appropriate District medals will still be awarded.

Field Events

- High Jump - athletes will receive at least 2 warm up trials. Start heights (if determined in advance) are published on the final timetable, with progressions rising in 5cm increments.
- Pole vault - athletes will receive at least 2 warm up trials. The bar will start at 2.02m, rising in 15cm increments for all age groups at all times. East and North competitions will take place at the West venue, but appropriate District medals will still be awarded.
- Competitors in throws and horizontal jumps events will be allowed three trials, with the top eight athletes in each age group qualifying for a further three trials. If fewer than 8 athletes compete in a single age group (even if the overall competition pool is combined), all athletes in that age group will receive six attempts.
- Triple Jump boards available in each competition are indicated on the final timetable.
- Javelin – U17M Javelin will use the specification outlined in the UKA Rules of competition 2024. New specification javelins will not be in use until after 1st November 2025.
- Competitors may use their own equipment, provided it is checked in at declarations and passed by the Technical Team or Field Referee.

Presentations

Presentations will be conducted as soon as possible following the conclusion of each final, and will be held on the podium within the facility. Field event medallists will be taken directly to presentations. Track athletes should report to presentations as soon as possible after their race.

Athletes competing in open events or as guests at the North Championships will not be awarded medals.

Rules

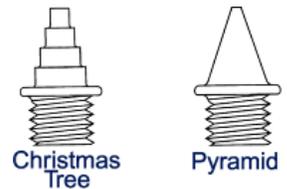
These Championships will be held under UKA Rules for Competition Incorporating World Athletics Rules effective from 1st April 2024. A copy is available from the British Athletics website [Competition Rules](#). WPA rules will also be used where appropriate.

Rule TR7 S2 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. Any instances of athletes spitting within the competition area will be reported to the Chief Official or Referee who will issue the appropriate sanction, which may result in disqualification.

Rule TR5: All athletes must make themselves familiar with the 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 Athlete Assembly and at start areas, with any suspect shoes reported to the Meeting Managers for investigation

Spikes: Christmas tree or pyramid spikes should be used. Under no circumstances will athletes be allowed to use needle spikes. Any athlete found to have these spikes will be asked to remove them.

Maximum spike length: 7mm, 9mm for high jump, 13mm for javelin



UKA Rule TR6: 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 these venues, the Competition Area is made up of the whole of the in-field and all lanes of the track. Parents/coaches/spectators should remain outside the track boundary at all times. Mobile devices, such as phones and smart watches, will not be permitted within the competition area.

UK Anti-Doping may be present at these events.