



# BANK OF SCOTLAND

## IMPORTANT INFORMATION FOR ATHLETES

**SCOTTISH NATIONAL U20 & U23 CHAMPIONSHIPS  
&  
JUNIOR 3x800m and 4x400m RELAYS  
9<sup>th</sup> AUGUST 2009  
GRANGEMOUTH STADIUM**

We look forward to seeing you at Grangemouth Stadium!

### TIMETABLE OF EVENTS

A Timetable for the event is attached. You can also access the timetable via the website [www.scottishathletics.org.uk](http://www.scottishathletics.org.uk) The Timetable is provisional and will be adhered to as far as possible unless circumstances beyond the organisers control deem it necessary to alter. Entry to the Championship venue is free and programmes will be on sale.

Athletes changing, warm-up and athletes Call Room will be clearly signposted. An indoor warm-up area will be provided within the main concourse. Hurdlers will be allowed time on the track prior to the start of their race.

Please note: **ATHLETES ARE WARNED THAT THERE SHOULD BE NO SPIKES WORN WITHIN THE SPORTS COMPLEX AT ANY TIME.**

Athletes should declare their intention to compete **at least 60 minutes before event time**. Declarations will close 1 hour prior to the time of the first round of an event, **90 minutes for Pole Vault** and all declarations will close at 2 pm.

**Please Note - Personal starting blocks will not be allowed in the arena.** Sufficient sets of Stadium Blocks will be provided at the relevant start areas **and these should not be removed from these points.**

**If an athlete is in a field or track event at the same time, please report to the Call Room or notify the track/field referee and inform them of your location so that you can be collected from there.**

### CALL ROOM

**Athletes should ensure they have read the rules of the competition and come appropriately dressed to compete and that no electronic equipment is brought into the Call Room.**

Athletes must report to Call Room prior to their event. 20 minutes for track athletes, 30 minutes for horizontal jumps and throws, 50 minutes for High Jump, 60 minutes for Pole Vault.

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 brought to the Call Room will be removed and sealed in named bags.

Personal items can be collected from the Call Room after competition. All athletes will be asked to sign for their personal belongings.

Vests, bib numbers and spikes will be checked in the Call Room and leg numbers will be distributed here.

**Spike Length: All track athletes must not exceed 9mm spikes.**

**Spike Length: All javelin and high jump athletes must not exceed 12mm spikes in the heel.**

### **Club Colours**

Competitors **MUST** compete in the colours of the club under which they entered or a national vest.

**Field Events:** competitors may use their own equipment provided it is “checked in” 90 minutes prior to event time and that it is passed by the Technical Manager. Where appropriate, competitors will be allowed three attempts and thereafter the leading six competitors will be allowed a further three trials. **No Vaulting poles will be available at the stadium.**

**Victory Ceremonies:** Athletes should make themselves available for presentations following their events.

**Please Note:** Photo finish will be in operation and care should be taken by spectators and athletes at the finish of the circular track.

Your attention is drawn to UK Athletics Rule 22(2) regarding Misconduct – Athletes should make themselves aware of the content of this Rule.

