



IMPORTANT INFORMATION FOR ATHLETES

scottishathletics NATIONAL OPEN

SATURDAY 21st JANUARY 2012 - KELVIN HALL, GLASGOW

Happy New Year! We look forward to seeing you at the Kelvin Hall International Sports Arena for the NATIONAL OPEN and wish you an enjoyable and rewarding competition. This event is a non-Championship event and will run as an open graded competition. No medals will be awarded and athletes will compete in mixed gender events based on seeded performance. Performances are taken from power of 10 as of from the event closing date.

A Timetable for the event is attached. You can also access the timetable via the website www.scottishathletics.org.uk. The Timetable is provisional and will be adhered to unless circumstances beyond the organisers control deem it necessary to alter. Admission to the venue is chargeable for spectators at £3 per person. Please note that Car Park charges apply in the Kelvin Hall Car Park. On arrival at the Kelvin Hall you will be directed to Athletes Registration in the yellow corridor. **Please do not access the arena via the foyer doors.**

Competition Numbers

These will be issued on declaration for your event. Only competitors wearing the correct number will be permitted to enter the main arena. **Numbers must not be folded, mutilated or concealed in any way.**

Athletes changing, warm-up and athletes Call Room will be clearly signposted. An indoor warm-up area will be provided within the main upper gallery. Please respect other athletes warming up. Hurdlers will be given time to warm-up on the track before event.

Please Note - No personal starting blocks will 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.**

Please note: **ATHLETES ARE WARNED THAT THERE SHOULD BE NO SPIKES WORN OUTWITH THE ATHLETICS ARENA AT ANY TIME OTHER THAN THE CALL ROOM.**

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 event, **70 minutes for Pole Vault.**

Declarations will close at 1pm for Track and 2pm for Field registration. Athletes registering after this time will not be granted permission to compete.

Please inform the Referee if you are not fit to continue in an event for which you have declared.

Track Events

All track events will be seeded fastest to slowest (Those with fastest times will be in the first heats)

HEAT DETAILS AND CALL UP TIMES WILL BE POSTED IN ADVANCE OUTSIDE THE CALL ROOM FOLLOWING SEEDING.

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. Where appropriate, competitors will be allowed four attempts. **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 please notify the Call Room when reporting in.

Hurdle Athletes

Please note hurdle event athletes will be given time before events to warm-up on the straight track, this must be cleared in advance with the Track Referee (Margaret Ann MacLachlan).

Kelvin Hall Opening Hours: The Kelvin Hall opens at 9.00am to the public. Entry will not be permitted before this time. The building closes at 5pm.

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. Sports drinks will be allowed in the arena however cans of drinks will **NOT** be permitted.

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. Athletes must compete in the colours of the club under which they entered or a National vest.

Spikes will be checked in the Call Room before each event.

Spike Length: All track athletes must not exceed 5mm spikes. HIGH JUMP – 6mm Max.

***IMPORTANT INFORMATION – Athletes must wear spikes as per the requirements above at the Kelvin Hall otherwise athletes will be subject to disqualification. (Spikes will NOT be on sale at these Championships).**

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. Random Anti Dope Testing may be carried out.

False Starts: Athletes should be aware that the current UK Rule 111.1 will be in operation. Each athlete will be allowed one false start. In the result of a second false start the individual will be disqualified. Please note: This will not be the rule at Championship events.