

SCOTTISH COMBINED EVENTS CHAMPIONSHIPS
&
NATIONAL U17/U20 3000m CHAMPIONSHIPS
SATURDAY 18th & SUNDAY 19th JULY 2009
PITREAVIE

*** IMPORTANT INFORMATION FOR ATHLETES ***

We look forward to seeing you in Pitreavie for these Championships and wish you an enjoyable and rewarding competition.

Please find attached a Timetable for the Championships. As entry to these Championships is free there is no Athlete's Pass included in this pack. Also attached is an Athlete Detail Sheet for Combined Event Athletes, this must be completed and handed to Declaration Staff when reporting. **Athletes must declare their intention to compete by 10.30am on Saturday (9.30am on Sunday). Athletes must also, where appropriate, report their intention to compete on day 2.**

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.**

National 3000m athletes should declare their intention to compete **at least 60 minutes before event time.**

Call Room

A Call Room will only be in operation for National 3000m athletes. 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.

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. Athletes must compete in their Club colours or National vest.

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

We wish you an enjoyable and successful competition.