



SCOTTISH COMBINED EVENTS CHAMPIONSHIPS

SATURDAY 20th & SUNDAY 21st AUGUST 2011
GRANGEMOUTH

*** IMPORTANT INFORMATION FOR ATHLETES ***

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

Please find attached a Timetable for the Championships. Entry to this Championship event is free. Attached is an Athlete Detail Sheet for Combined Event Athletes, this must be completed and handed to Declaration Staff when reporting in. **Athletes must declare their intention to compete by 9.30am on Saturday (9.45am 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 OUTWITH THE INDOOR TRACK WITHIN THE CENTRE AT ANY TIME.**

Call Room

There will be no Call Room in use. Personal equipment, including phones, ipod/mp3/CD players can be stored in the lockers within the changing facilities.

Vests, bib numbers and spikes will be checked at the event area by officials. Leg numbers will be distributed by the marksmen for track events. 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.