

**ATHLETE INFORMATION**

**East District Track & Field Championships**

**Friday 13<sup>th</sup> and Saturday 14<sup>th</sup> May 2016**

**Grangemouth Stadium, Kersiebank Avenue, Grangemouth, FK3 0EE**

We look forward to seeing you at Grangemouth for the East District Track & Field Championships, we wish you an enjoyable and rewarding competition.

Event documents can be downloaded [HERE](#) from the scottishathletics website

Event Timetable

Online Entry Lists

Warm Up Area Etiquette

Hurdle Specifications

These Championships will be held under UKA Rules for Competition Incorporating IAAF Rules effective from 1<sup>st</sup> April 2016. A copy is available for download from the British Athletics website.

Travel Disruption

Please note potential weekend travel disruption for those travelling via the A8. Only one lane in each direction will be open between Chapelhall and Shawhead from 8pm Friday to 6am Monday due to upgrading works. Please check <https://trafficscotland.org/index.aspx> for details.

Car Parking

Car Parking is available on a first come, first served basis. Please note that there is ample parking in the overspill car park to the rear of the stadium. Car owners are reminded to park responsibly.

Admission

Friday 13<sup>th</sup> May open from 1600hrs - Cost £1

Saturday 14<sup>th</sup> May open from 0800hrs – Cost £3

Under 16's are FREE. Coaches FREE on production of valid coaching licence.

Coaches are advised to make sure their UKA licence is up to date, if in doubt please contact the **scottishathletics** office.

Programmes will not be on sale for these championships, all relevant information will be posted on walls within the facility and will be available via scottishathletics website.

Declarations:

Indoor Warm Up area.

Opening Hours:

Friday 13<sup>th</sup> May 1600-1900hrs

Saturday 14<sup>th</sup> May 0830- 1500hrs

Event Closing Times:

60mins prior to Event Start Time

Pole Vault 75mins prior to Event Start Time

Athletes registering after this time will not be granted permission to compete.

**Athletes must RETAIN any numbers issued on Friday for Saturday events.**

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

COMPETITION NUMBERS

Issued at declarations.

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

**NOTE: The same numbers must be used for both Friday and Saturday events.**

Warm Up Area

The Warm Up area should be accessed only by Athletes for warm up / cool down and suitably qualified coaches. It is not to be used as a social area and must be kept clean and tidy at all times.

Athletes who are in the warm up area when not required will be instructed to leave, any unattended belongings will be removed.

A one way system will be in operation within the warm up area, running from the throwing (declarations) area towards the Pole Vault Mat area. Lanes 1 and 6 are to be used for walking with Lanes 2 – 5 for warm up use. Hurdle athletes will be allocated space to warm up at the Pole Vault end of the straight, but must share hurdles as much as possible.

### Starting Blocks

Athletes are allowed to use their own blocks, but they must have them checked by the starter/marksman. Stadium blocks can also be used.

Athletes changing, warm-up and athletes Call Room will be clearly signposted.

### TRACK EVENTS

If Heats are not required track finals will be run at HEAT time.

Athletes will be seeded as per Seasons Best/Personal Best times as stated at time of entry. Any changes to seed times should be reported at declarations.

### 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.

Athletes should note Rule 187 S1 Competitors may use any implements provided for general use. Competitors who wish to use their own implements must submit them to the referee for approval. An athlete shall not use another's implement without the owner's prior permission.

Where appropriate, competitors will be allowed three attempts with the top six athletes qualifying for a further three attempts.

**No vaulting poles will be available at the stadium. Minimum starting height for Pole Vault is 1.77m and will progress 1.77-1.97-2.17-2.27 and 10cm increments thereafter.**

**If an athlete is in a field and track event at the same time, it is extremely important that you notify the Call Room when reporting in.**

### CALL ROOM – Track Events only

Athletes must report to Call Room prior to their event. Reporting times will be set at 15mins prior to the event start time. Athletes must report to Call Room "Ready to Race".

Track Call room will be situated within the Warm Up area near declarations.

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 will be removed.

Only Sports Top drinking bottles will be allowed in the arena.

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

### CALL ROOM - Field Events only

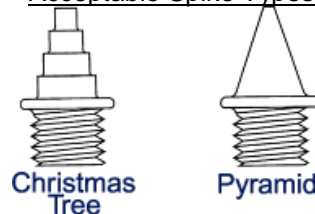
Field Athletes are not required to report to Call Room but should report to their events as follows;

**20 minutes** for horizontal jumps and throws, **40 minutes** for Pole Vault. **High Jump events** will begin warm up **30 minutes** before the event time or as soon as the previous event has concluded. The timetable is very tight due to the large number of entries and all athletes **must** listen for announcements.

### Spike Usage for Mondo Services

Under no circumstances will athletes be allowed to use needle spikes on the Mondo surface. Any athlete found to have these spikes whilst using the Mondo surface will be asked to remove them immediately. Alternative spikes will be available to purchase at reception.

#### Acceptable Spike Types



Maximum spike length 7mm, 9mm for High Jump, 13mm for Javelin

**Other Information**  
**Event Restrictions**

In accordance with UKA Rules of Competition, Rule 141 S1:

**Under 13's**

- Other than when competing in a combined event U13's may compete in a maximum of 4 events on the day of an athletics meeting, and if so doing, one of these must be a relay.
- No athlete in this age group is allowed to compete in any race at 300m & 400m, nor in more than one race between 600m and 1mile inclusive on the same day (24hr Period).
- The above ruling means that U13 athletes who compete in the 1500m races on Friday 13th May are unable to compete in 800m races on Saturday 14th May.
- 800m and 1500m races will be run as Timed Finals. These will be seeded according to athletes declared seed times and personal bests. Medals will be awarded to the three fastest times recorded, regardless of which Timed Final they were achieved in.

**Under 15's**

- Other than when competing in a combined event U15's may compete in a maximum of 4 events on the day of an athletics meeting, and if so doing, one of these must be a relay
- No athlete in this age group is allowed to run in more than one different event between 600m and 3000m inclusive on the same day (24hr period).
- The above ruling means that U15 athletes who compete in the 1500m races on Friday 13th May are unable to compete in 800m races on Saturday 14th May.
- Triple Jump restrictions: 9m; 7m boards will be available only. Run Ups will be restricted to a maximum distance of 15m from the take off board.

**Under 17's**

- Other than when competing in a combined event U17's may compete in a maximum of 4 events on the day of an athletics meeting, and if so doing, one of these must be a relay
- No athlete in this age group is allowed to run in any track event in excess of 5000m

**Under 20's**

- Junior's may not compete in no more than 5 events on the same day of an athletics meeting. If Junior's are competing in a combined event they are not allowed to compete in any other event on the same day
- Juniors may only run in track events up to and including 10000m

Attention is drawn to UK Athletics Rule 145S1 regarding Misconduct – Athletes should make themselves aware of the content of this Rule. UK Anti-Doping may be present at this event.

**District to National Championships: Qualifying Conditions.**

**LONG JUMP**

Athletes who finish in the TOP 6 of their respective District Championship Long Jump event will have their entry AUTOMATICALLY accepted into the National Championships in that Age Group Athletes who fail to compete in their District Championships, or finish outside the top 6 in order to gain entry to the National Championships must have achieved the following performance in the last 2 years

UNDER 13 GIRLS – 3m80

UNDER 17 MEN – 4m60

UNDER 13 BOYS – 3m80

UNDER 20 WOMEN - NOT REQUIRED

UNDER 15 GIRLS – 4m30

UNDER 20 MEN - NOT REQUIRED

UNDER 15 BOYS – 4m30

SENIOR WOMEN - NOT REQUIRED

UNDER 17 WOMEN – 4m60

SENIOR MEN - NOT REQUIRED

NB The above ruling will only be implemented when Event entries are more than 24 athletes.

**False Start:** The Championships will operate under UKA rules.

All athletes should be aware that the current UK Rule 162 will be in operation i.e. no false start will be allowed without the liability of disqualification of any false starting athlete. 162 S1 refers to U13 and U15 athletes who will receive a warning for one false start and disqualification for two false starts.

Qualifying conditions for any subsequent rounds will be declared immediately prior to the start of the event. Please inform the Referee if you are not fit to continue in an event for which you have qualified or declared. You shall be excluded from further participation in any event if you qualify for an event in which you do not participate without giving a valid reason to the Referee (UK Athletics Rule 166S1). This Rule applies to both Track & Field events.

**Event Help Line:** Mobile No. 07584146796 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/mobile number.