

INFORMATION FOR ATHLETES
scottishathletics U13 / U15 and U20 Track & Field Championships
Saturday 19th and Sunday 20th August 2017
Scotstoun Stadium, 72 Danes Drive, Glasgow, G14 9HD

We look forward to seeing you at the National U13 / U15 and U20 Championships and wish you an enjoyable and rewarding competition.

All relevant information can be downloaded from the fixture pages on the **scottishathletics** website:

[Under 20 Championships](#)

[Under 15 Championships](#)

[Under 13 Championships](#)

These Championships will be held under UKA Rules for Competition Incorporating IAAF Rules effective from 1st April 2016. A copy is available for download from the British Athletics website [Competition Rules](#). All athletes and coaches should also make themselves familiar with the IAAF Rules effective from 1st November 2015.

Admission

Open from 0830hrs via turnstiles 7,8 & 9 onto the main concourse. Athletes, spectators and coaches will **not** be permitted to enter via the main reception area.

Admission per person (including a programme): **£5**

Under 16s and coaches (on production of a valid coaching license): **FREE**

Additional programmes on sale for £2 per copy.

A limited number of UKA Rules for Competition books will also be available at a cost of £5 per copy.

Car Parking

Car parking is available on a first come first served basis. Please note that alternative parking is available in the surrounding streets. All drivers should be considerate to local residents and park responsibly.

Competition Area

UKA rule 21: The competition area is defined as the area where the competition is being staged and which has access restricted to the competing athletes and appropriate officials. At Scotstoun Stadium the Competition Area is composed of the whole of the in-field and all lanes of the track, extending to the barriers surrounding the track, and the throws area to the west of the main stand, which will also be marked by barriers. Parents, coaches and spectators should remain behind the barriers at all times.

Mobile devices, such as phones and smart watches, will not be permitted within the competition areas.

Spectator Areas

On arrival, spectators should enter the venue via the same entrance as athletes. Seating will be available in the stadium's trackside main stands, as well as by the external throws area to the west of the main stand. Spectator access to the throws area will be along the walkway at the front of the main stand.

Declarations and Numbers

Declarations can be found on the first-floor concourse immediately after you pass through admissions.

Declarations Opening Hours:

Saturday 19th August 0830-1530hrs

Sunday 20th August 0830-1545hrs

Event Closing Times:

60mins prior to event start time; pole vault 75mins prior to event start time

Athletes must declare separately for each event they will participate in and ensure their name is circled on the entry list for **each** of their events. Athletes registering after an event has closed will not be allowed to compete.

Please inform the Referee if you become unfit to continue in an event for which you have declared.

Athletes must RETAIN any numbers issued on Saturday for Sunday's events.

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

Warm Up Area

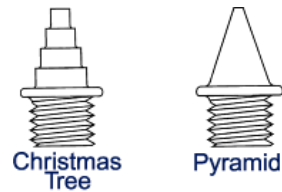
Athletes should note that warming up will NOT be permitted within the Competition Area. i.e. the back straight will not be available for warming up. The Indoor Warm Up area should be accessed by athletes for warm up / cool down and by suitably qualified coaches only. It is not to be used as a social 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 and any unattended belongings will be removed.

Athletes **must adhere to the one-way** system within the warm up area. This will be from right to left as you enter the area from the outdoor track side. – from the Call Room end to Reception end. Walking back **must NOT be done on the track area**, the walkway area nearest the track must be used at all times

Hurdles – Hurdle drills and warm-up **must be done only in the two lanes nearest the windows**.

Spike Usage for Mondo Surfaces

Christmas tree or pyramid spikes should be used. Under no circumstances will athletes be allowed to use needle spikes on the Mondo surface indoors at Scotstoun. Any athlete found to have these spikes whilst using the Mondo surface will be asked to remove them immediately.



Maximum spike length: 7mm, 9mm for high jump, 13mm for javelin

Call Room

All athletes must report to Call Room, which will be situated at the western end of the indoor warm-up area. Track Athletes must report to Call Room with the minimum amount of kit as reasonably possible. Personal equipment, including phones, iPod/mp3/CD players and smart watches should not be brought into the Call Room: bags will be checked and any of the above items will be removed. Items will be left at the athlete's own risk.

Call Reporting Times:	Track 15mins	Horizontal jumps 25 mins	High jump 40mins
	Pole vault 50mins	Throws 25 mins	

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.

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.

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 performance should be reported in advance of the event day and must be verified at www.powerof10.info.

Starting Blocks

No personal starting blocks will be permitted at this event. Stadium blocks will be provided at the relevant start areas. Tape measures for use with blocks will be available within the start areas.

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.

Field Events

Long jump, triple jump, high jump and pole vault will take place within the main arena. Shot put, javelin, discus and hammer events will take place in the external throws area to the west of the main stand.

Additional trials: the top 8 athletes in each field event will receive a further 3 trials.

Competitors may use their own equipment provided it is “checked in” at declarations **75 minutes** prior to event time and is passed by the Technical Manager/Referee. Athletes should note UKA rule 187S1: competitors may use any implements provided for general use. An athlete shall not use another’s implement without the owner’s prior permission.

Pole vault starting heights and progressions	All Ages: 2m00 – 2m20 – 2m35 – 2m50 and 10cms thereafter No vaulting poles will be available at the stadium.
High Jump starting heights and progressions	1m11 U13 Boys / U13 Girls 1m24 U15 Girls / 1m31 U15 Boys U20 Men and Women: decided at event site. All heights will progress in 5cm increments.
Triple jump available boards	7m/9m U15 Girls / U15 Boys / U20 Women 9m/11m/13m U20 Men

Presentations

Presentations will be conducted as soon as possible following the conclusion of the events, and will be held on the podium within the facility. Track athletes must report directly to presentations immediately following the conclusion of their race. Field medallists will be escorted to presentations directly from the competition area.

Other Information

In all events, 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 166 S1). This rule applies to both track and field events.

Attention is drawn to UK Athletics rule 145 and IAAF rule 125 regarding disqualification and misconduct. Athletes should make themselves aware of the content of these rules.

UK Anti-Doping may be present at this event.

Event Help Line

Mobile No. **07718526373** 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 number.