

INFORMATION FOR ATHLETES
125th National Senior Championships and National Under 17 Championships
incorporating the Commonwealth Games Queen's Baton Relay
Saturday 26th and Sunday 27th August 2017
Grangemouth Stadium, Grangemouth, FK3 0EE

We look forward to seeing you at the National Senior and U17 Championships and wish you an enjoyable and rewarding competition.

All relevant information can be downloaded from the Fixture Page on the **scottishathletics** website:

[Senior Championships](#) [Under 17 Championships](#)

Please ensure you check the start lists ahead of the competition and contact the **scottishathletics** Events Team immediately if any changes should be made to your entry.

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

Stadium open from 8.30am via metal gates to the side of the main stand. There will be no access for Athletics, Coaches or Spectators via the main reception area. The Commonwealth Games Queen's Baton Relay event will take place on the track at 9.45am on the Saturday, before the athletics begins.

FREE ENTRY BEFORE 10AM

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 some alternative parking is available in the overspill car park at the rear of the stadium. Additional alternative Car Parking is also available at Grangemouth High School, accessible via Tinto Drive, past Bowhouse Primary School. We anticipate a large number of cars to arrive at the venue, particularly for the Baton Relay event on Saturday morning, so please ensure you arrive in plenty of time to declare for your event(s). All drivers must 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 Grangemouth Stadium, the Competition Area is made up of the whole of the in-field and all lanes of the track, extending to the barriers surrounding the track. Parents/coaches/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.

Declarations and Numbers

Within the Indoor Warm Up Area – From admissions walk along the front of the stand until the first set of doors on your right, enter the stand, turn LEFT and continue down the corridor through the doors and into the Indoor Centre. Declarations will then be on your RIGHT.

Declarations Opening Hours: Saturday 26th August 0830 - 1530hrs
Sunday 27th August 0830 - 1430hrs

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.

These Championships will be streamed LIVE by Vinco Sport Ltd (www.runjumpthrow.com). Therefore, all athletes' clothing must adhere to Rule 143S1 in relation to number of and sizes of advertising and manufacturers' logos.

Warm Up Area

Athletes should note that Warm 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 may be accessed by athletes for warm up / cool down, and by suitably qualified coaches, only. Bags will NOT be permitted in the track area and should be stored on the shelving provided. Neither the track nor bag-storage area are to be used as a social space, and both 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.

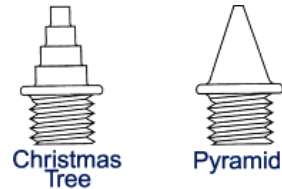
Athletes **must adhere to the one-way** system within the warm up area. This will be from right to left (away from the Call Room) as you enter the area from the outdoor track side. The first lane will be for walking only, with the further lanes for warming up.

Hurdles Warm-ups

Two lanes of the indoor area will be marked off for Hurdles Warm up, the one way system will still be in operation in this area. Officials will mark the track accordingly for athletes to practice runs to the first hurdle. Athletes are reminded to share and use this area responsibly.

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 at Grangemouth. 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.



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

Call Room

All athletes must report to Call Room, which will be situated by the entrance to 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 25mins	High jump 40mins
	Pole vault 50mins	Throws 25mins	

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 you are competing 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 **FINAL 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

FALSE START EQUIPMENT – SENIOR EVENTS ONLY

Male and Female Senior 100m, 100mH, 110mH, 200m, 400m, 400mH will use False Start Equipment. This will mean that the use of Stadium Starting blocks is **mandatory** for these events. See UKA Rule 162 Reaction times where possible will be included in the results of all relevant events.

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.

Field Events

All field events will take place within the main arena.

Additional trials: the top 8 athletes in each field event will receive a further 3 trials. The competing order for the last 3 trials shall be in the reverse ranking order recorded after the first 3 rounds.

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	All heights will progress in 5cm increments.
Triple Jump available boards	7m/9m U17 Women 9m/11m U17 Men / Sen Women 11m/13m Sen 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 166S1). 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.