

SCOTTISH NATIONAL ATHLETICS LEAGUE – 15TH APRIL 2023

GRANGEMOUTH STADIUM

INFORMATION

This event will be held under UKA rules and has a World Athletics / UKA level 2 certificate. Entry lists are available on aaacresults.com

Declarations

- All athletes should report to the gym (last door on right in corridor towards indoor arena) to declare and be issued with a competition number. Declarations will close 60 minutes prior to each event.
- Each athlete will have an individual competition number which will be used for each event competing during the day.
- Athletes should remember pins

Warm-up

- Athletes can use the indoor warm-up area on payment of an entrance fee at reception when they will be issued with a wrist band.
- Athletes should only use the warm-up area when preparing to compete, it is not a rest/picnic area and no food or drink will be allowed.
- The blaze area behind the 1500m start / bottom bend can also be used at no cost.

Athlete Assembly

- All track athletes should report to assembly 15 minutes prior to their event to be escorted out to the start of their race.
- Assembly will be located as in previous years, beyond the track round towards the outdoor warm-up area.
- All track athletes will wear front and back bib numbers.
- Athletes competing in non-laned events (800m upwards) will be issued with hip numbers at assembly.
- Stadium starting blocks only will be used. No personal starting blocks
- Field event athletes should report direct to their field event 15/20 minutes before the start of the event. This will enable athletes to mark out run-ups, get warm-up trials.

Field Events

- Horizontal jumps and throws – all competitors will be allowed a minimum of 2 warm-up trials and 3 competition trials with the top 8 athletes receiving a further 3 trials.
- Where there is mixed age groups the top 8 must include at least two athletes from each age group with the exception of U17 LJ Pool 2.
- High Jump – athletes will receive a minimum of 2 warm-up trials. Suggested minimum starting heights will be:
U17W 1.25m,
U17M 1.35m,
- Height progressions will rise by 5cm increments until the number of athletes remaining dictates their choice.
- Competitors may use their own equipment provided it is checked in at Equipment room and checked by the equipment officer.
- EDM will be in operation in long throws and long jump.

Results

- HyTek Meet Manager and a live results service will be in operation at this meeting
- Results can be accessed via the Aberdeen AAC website - aaacresults.com

Further information

- The café will be back in operation at this meeting.