

**4J Studios scottishathletics National Track Relay Championships**  
**Sunday 23rd June 2024**  
**Riverside Sports Arena, University Avenue, Ayr, KA8 0SZ**

**Information for Clubs and Team Managers**

We look forward to seeing you at the National Track Relay Championships and wish you and your teams an enjoyable and rewarding competition.

All relevant information can be downloaded from the Fixture Page on the **scottishathletics** website here: [4J Studios scottishathletics National Track Relay Championships](#)

**5 Steps to Competing**

1. **Pre-event – check the start list for your team’s race time and plan athletes’ arrival time(s).**
2. **Declare – closes 60 minutes before each event. Team Managers should declare on behalf of their team. Don't be late!**
3. **Warm up – athletes may warm up on the grass pitch – please take care crossing the track. Access to the indoor warm up area will be as per the assembly schedule.**
4. **Report to Assembly – check the Assembly Schedule on the day for report times**
5. **Compete!**

**Arrival**

Only event officials with a parking pass will be permitted to park in the stadium car park. Team and spectator parking is available on a first come first served basis within the Ayr Academy and university car parks 3 and 4 nearby on the campus. All drivers must be considerate and park responsibly.

**Spectators, Coaches and Chaperones**

All non-athlete attendees should have registered with **scottishathletics** in advance via the dedicated Coaches and Spectators pages – [4J Studios Relay Champs COACHES/SPECTATORS](#)

Parents can register via their child’s account if they are not members themselves. All attendees will need to show their confirmation e-mail (either printed or on a mobile device) to gain access to the venue on the day.

Online entry fees:

Spectators - **£3**

Coach members of **scottishathletics** – **Free**

A pay on the day option of **£4 by card only** is available for those who have not registered in advance. Coach members must register in advance if they wish to avoid the £4 on the door fee: we will not be able to check memberships on the day for free entry.

Access to the competition area (including the in-field warm-up area) will be restricted to athletes, officials and coaches, on production of their valid licence. Parents, spectators and non-competing athletes should spectate from the seating area or outside of the track.

**Opening Hours:** 0830hrs Athletes, Spectators, Coaches & Team Managers

**Declarations:** 0830hrs to 1400hrs

Relay team declarations forms will be available for collection from Declarations (within the building's main reception area) on the morning of the event and should be collected by the team manager. Athletes will not need to declare individually. Teams will be selected from the pre-entered athlete pools printed on the team declarations sheet. **No additional names may be added on the day.** Team Managers must return completed Team Declaration sheets to receive their team packs.

Any changes made to a team's running order between rounds **must** be reported on a team-amendment slip at First Assembly as soon as possible, **before athletes report to First Assembly for their race.** After the call time for that round, further changes cannot be made. Teams who do not notify declarations of changes may not be permitted to race.

Numbers are issued within team packs at Declarations. Numbers must not be folded, mutilated or concealed in any way.

### Composition of Relay Teams

Rule TR24.10: Each member of a relay team may run one leg only. Once a relay team has started in a competition, up to a total of four additional athletes may be used as substitutes in the composition of the team. If a team does not follow this rule, it shall be disqualified.

### **scottishathletics** Additions:

- A maximum of one athlete per team may be declared in a team from the age group above their own. They cannot also be declared in any team within their own age group on the same day,
- Athletes who are members of teams already eliminated from a competition may be used as substitutes in further rounds in another team from the same club, on the provision that they have been named as reserves at the time of declaration.

### Event Help Line

Athletes or Team Managers who may be running late must contact Mobile no. **07522 556771** to notify us of your arrival. If unanswered, a message should be left detailing name, issue and return contact telephone number.

### Warm Up Areas

The grass infield area may be used as a first warm up area for this event. Teams must take care when crossing the track and warming up as the area is expected to be busy.

Access to the indoor warm up area will be as per the assembly schedule. This is to ensure sufficient time and space for each team to prepare for their race. When using the indoor facility, each team may be accompanied by one coach/team manager until final assembly time. The minimum amount of kit should be brought into the indoor warm up area, and athletes must ensure that nothing is left behind when they go to Assembly as they will not be able to re-enter the warm up area post-race.

### Assembly

Approximate assembly reporting times:

First Assembly – 30 minutes prior to race time

Final Assembly – 10 minutes prior to race time

**CHECK ASSEMBLY SCHEDULE FOR CONFIRMED TIMES**

There will be two assembly times in operation, the first assembly time will allow access to the indoor warm up area for final preparations, with a second assembly time for reporting to the seated final assembly area.

A one-way system will be in operation within the indoor warm up straight. The Assembly entrance will be via the doors nearest the 100m start, and the exit will be located through the doors in the middle of the area. Athletes should report to Final Assembly with the least amount of kit as reasonably possible. Bags should not be brought into the Final Assembly Area, nor left in the indoor warm up space as athletes will not be able to re-enter post-race.

Final Assembly is an athlete-only area. No coaches/parents etc. will be permitted. Any coaches assisting with warm up should leave the indoor warm up area when their team reports to Final Assembly.

Vests, competitor numbers and spikes will be checked at Final Assembly, and leg numbers will be distributed there. Athletes must compete in the colours of the club under which they entered and in the same design as those of their teammates.

### Track Events

If heats are not required on the day, track finals will be run at **HEAT time**.

No personal starting blocks will be permitted at this event. Stadium blocks will be provided at the relevant start areas.

Seeding for Timed Finals – Club A teams will be seeded together, followed by B and C teams as required.

### Presentations

Presentations will be conducted as soon as possible following the conclusion of each event and will be held on the podium within the facility. Athletes must report directly to presentations immediately following the conclusion of their race.

### Rules

These Championships will be held under UKA Rules for Competition Incorporating World Athletics Rules effective from 1<sup>st</sup> April 2024. A copy is available for download from the British Athletics website here: [Competition Rules](#).

#### Rule TR7 S2

Spitting (or similar) in warm up, assembly, competition or any other public area may be regarded as acting in an unsporting or improper manner; treated as a conduct offence; and will be dealt with by a warning or disqualification (yellow card and/or red card offence). The Event Referee will determine whether a yellow or red card is shown. This determination may apply a red card where spitting directly towards an individual or persistent spitting but yellow for less serious offences. Athletes should be aware that different interpretations may apply from event to event. Warnings or disqualifications under this rule cannot be appealed as the Referee's decision is final (Rule TR8 S1(2)(iii)). See also Rule CR18.5

Rule T5: All athletes must make themselves familiar with the World and UK Athletics rules around shoes available [here](#). It is the athlete's responsibility to ensure compliance with these rules. Visual checks will be made at Assembly, with any suspect shoes reported to the Meeting Manager for investigation.

UKA Rule TR6.1: 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 the Riverside Sports Arena, the competition area is made up of the whole of the in-field and all lanes of the track, extending to the outside edge of Lane 8.

UKA Rule T24 and T48 relating to relay races: **It should be noted that officials are in place to ensure adherence to the rules. They are not obliged to instruct or coach athletes in any way.**

UK Anti-Doping may be present at this event.

### Assistance in Competition

Any athlete requiring assistance during competition should complete and return an assistance request form **by 4pm on Wednesday 19th June**. If you require a form, please contact [events@scottishathletics.org.uk](mailto:events@scottishathletics.org.uk)