

ATHLETE INFORMATION

4J scottishathletics Combined Events and Masters Championships with Open Para and Steeplechase

Saturday 8th and Sunday 9th August 2026

Grangemouth Stadium, Kersiebank Avenue, Grangemouth, FK3 0EE

We look forward to seeing you in Grangemouth for the 4J **scottishathletics** Combined Events and Masters Championships with Open Para and Steeplechase. We wish you an enjoyable and rewarding competition.

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

[4J scottishathletics Combined Events Championships](#)

[4J scottishathletics Masters Championships, Para Open and Steeplechase](#)

5 Steps to Competing

1. **Pre-event – check the final timetable for your event time**
2. **Declare – opens at 0830hrs and closes 60 minutes before your event. Don't be late!**
3. **Warm up**
4. **Report to Assembly – report to Assembly according to the published schedule. Do not take any unnecessary belongings with you.**
5. **Compete!**

Remember: All athletes competing across two days MUST re-declare on Sunday morning and retain their bib numbers from Saturday.

Masters athletes should ensure that they collect any medals they may have won from medal collection before leaving.

Admission and Parking

The stadium will be open to athletes, coaches and spectators from 08:30 via the main entrance.

Car parking in front of the stadium is available on a first come first served basis and will fill up quickly. Additional parking spaces can be found in the overspill car park at the rear of the stadium. Alternative car parking is also available at Grangemouth High School, accessible via Tinto Drive past Bowhouse Primary School. All drivers must be considerate to local residents and park responsibly.

All non-athlete attendees are encouraged to register with **scottishathletics** in advance via the event fixture page linked above. Friends and family can be registered via an athlete's account if they are not members themselves. All attendees will need to show their confirmation e-mail (printed or on a mobile device) to gain access to the venue on the day.

Online entry fees:

Spectators - **£4**

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

A pay on the day option of **£6 (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 £6 on the door fee: we will not be able to check memberships on the day for free entry. Those intending to pay on the day must be prepared to queue.

Access to the competition area (including the warm up area) will be restricted to athletes, officials and coaches, on production of a competitor number or valid **scottishathletics** licence. Parents, spectators and non-competing athletes should spectate from the spectator areas around the track.

Competition Area and Access

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 this venue, 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. Family members/coaches/spectators should remain behind the barriers at all times. Mobile devices, such as phones and smart watches, will also not be permitted within the competition area.

Coaches and spectators are asked not to enter the declarations area unless necessary. Coaches may accompany athletes into the warm up area, but general spectators are asked to help us to limit the number of people within the busy indoor area by remaining outdoors or in the main stand.

Declarations

Declarations will be located within the indoor track.

Opening Hours

Saturday 8th August 0830hrs / Sunday 9th August 0830hrs

Event Closing Times

60mins prior to Event Start Time

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

Declarations Help Line:

Athletes running late for declarations must contact mobile no. 07598 617757 to notify us of your expected arrival time. If unanswered, a message should be left detailing name, issue and return contact number.

Competition Numbers

Bib numbers will be issued at declarations. They must not be folded, mutilated or concealed in any way.

Athletes must declare separately for each event they intend to participate in, and ensure their name is circled on the entry list for all individual events.

****REMINDER – Athletes must declare on each day – Saturday for Saturday events and Sunday for Sunday events. Athletes must RETAIN any numbers issued on Saturday for Sunday****

Warm Up Area

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 elsewhere. The warm-up track is not to be used as a social space and must be kept clean and tidy at all times. Athletes who are in the warm-up area and not preparing for their event will be instructed to leave. Athletes should note that general warming up will **NOT** be permitted within the competition area. i.e. the back straight will not be available for general warming up during the competition.

Hurdles athletes will be allowed to warm up within the competition area from 0845-0945hrs on Saturday and Sunday mornings, with the permission of Chief Officials. Wheelchair and frame running athletes may also request permission from Chief Officials to warm up on the back straight on Saturday morning and/or during the lunchbreak.

Athletes must adhere to the **one-way system** within the indoor warm up area. This will be in the direction away from declarations towards the Pole Vault area.

Assembly

All athletes must report to the Assembly Area prior to competing. Assembly will be located at the end of the indoor warm up area nearest declarations.

Combined Events athletes will report to Assembly before their first and last event of each day only. For all other events, CE athletes are expected to report directly to the event site following the previous event/at the time advised by the Combined Events Referee.

A CE rest area will be located within the indoor warm up area. A noticeboard will be placed here confirming subsequent event timings.

Individual-event athletes must report to assembly for every event with the minimum amount of kit as reasonably possible. Personal equipment, including phones, music players and smart watches should not be brought. Bags will be checked and any of the above items will be removed. Only sports top drinking bottles will be allowed in the warm up area.

Vests, competitor numbers and spikes will be checked in assembly, and leg numbers will be distributed there as required. Athletes must compete in the colours of the club under which they have entered, or a **current** national vest. Unattached athletes may compete in a plain vest, preferably white.

Approximate Assembly reporting times:

45 minutes for pole vault

35 minutes for high jump

30 minutes for horizontal jumps and throws

20 minutes for track events

Athletes must check the Assembly Schedule on the day for confirmation of final reporting times.

Qualifying conditions for any subsequent rounds will be communicated to athletes in Assembly prior to the start of their event.

**** If an athlete is in a field and track event at the same time, it is extremely important that they notify the Assembly officials when reporting in ****

Track Events

- If scheduled heats are not required, track finals will be run at **HEAT time**.
- Athletes will be seeded as per Seasons Best/Personal Best times (recorded within the past two years) as stated at time of entry. Any changes to performance should be reported by 12 noon on Wednesday 5th August and must be verified at <https://www.powerof10.uk/>
- 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 at the start areas, or athletes may bring their own.

Field Events

- Athletes should note Rule TR32 S1: competitors may use any implements provided for general use. Athletes may use their own equipment provided it is "checked in" at Declarations **60 minutes** prior to the event start time and that it is passed by the Technical Manager. An athlete shall not use another's implement without the owner's permission.
- Combined Events athletes will receive 3 trials in horizontal jumps and throws events.
- Masters athletes will receive 3 trials in horizontal jumps and throws. Those achieving the merit standard for their age group will receive a further 3 trials. If fewer than 8 athletes participate, all athletes will receive 6 trials regardless of the merit standard. Para athletes will receive 6 trials.
- Pole vault – No vaulting poles will be available at the stadium. Starting heights are published on the final timetable. All heights will progress in increments of 15cm for Masters or 10cm for combined Events.

- High jump – Starting heights are published on the final timetable. All CE heights will progress in 3cm increments. Masters will progress in 5cm increments until the number of remaining athletes dictates otherwise. CE athletes in some age groups will be seeded into pools based on personal bests from the past two years.
- Triple Jump - 7m and 9m boards will be in operation. Requests for additional take off boards should be made to events@scottishathletics.org.uk by 12 noon on Thursday 6th August.

Withdrawals

Please inform declarations if you are not fit to continue in an event for which you have declared on the day. All athletes and coaches should be aware of UKA Rule TR4.4 regarding failure to participate. Athletes shall be excluded from participation in any further event if they qualify for an event in which they do not participate without giving a valid reason to the Referee. This rule applies to both track and field events.

Presentations

- Combined Events medals will be presented on the in-field podium at the end of the competition.
- Masters athletes should collect their medals from declarations once the result has been published. Results will be published online, with a further copy available at medal collection. There will be a podium for athletes and their supporters in the medal collection area to take photos. Masters athletes do not need to reach a merit standard to win a medal.
- Athletes participating in the para or steeplechase events who are not in the Masters age group (aged 35+) are competing in an open competition, and no medals will be awarded.

Rules

These Championships will be held under UKA Rules for Competition Incorporating World Athletics Rules effective from 1st April 2026. A copy is available from the British Athletics website: [Competition Rules](#). WMA and WPA rules will also be used where appropriate.

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 and 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 TR5: 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 Athlete Assembly, with any suspect shoes reported to the Meeting Manager for investigation.

UK Anti-Doping may be present at this event.