

Scottish Student Athletics Outdoor Championships 2024

Grangemouth Stadium,
Kersiebank Ave, Grangemouth FK3 0BS
Saturday 20th April 2024

PRE-EVENT INFORMATION

Main Contacts: Kirsten Mullen, scottishstudentathletics@gmail.com or
Sophie Charlton, sophie@scottishstudentsport.com,

Declarations and Withdrawals: Declarations open at 8.30am and close 60 minutes before the event start time as indicated on the timetable. Relay entries close at 2pm.

We ask ALL competitors to declare themselves at the desk, please. No one else can declare an athlete on their behalf, unless the athlete has identified a person to support them.

Withdrawals are to be processed at the Declarations desk and must be made at least 60 mins before the event start time. Withdrawals on the day will not be refunded as per our [Terms and Conditions Policy](#)

On The Day Entries: We are not accepting any entries on the day APART FROM relays which are £18 per team. We will accept payment via invoice request or by BACS

Due to time constraints we will only accept 1 team per institution, per relay event on the day up to a maximum of 8 teams total (i.e. one Final per event)

Relay teams should consist entirely of students from the same institution

Qualification to Finals/Further Rounds:

We have a few Guest (non-student) entries. They are **not** eligible to proceed to any Track Finals or Further Trials in Field events, as per our [Eligibility Document](#)

Further Trials in Field – top 8 will receive a further 3 attempts.

Height Progressions

Pole Vault – Up in 20cm intervals until 3 athletes remain. Start height for Men 3.00m and 2.40m for Women.

HJ – Up in 5cm increments until 3 athletes remain. Start heights for men 1.30m and 1.20m for Women.

Results: These will be posted online during the day rather than as printouts on the walls. We will share the results link on our social media channels when the time comes, so please look out for that.

Equipment Regulations: Outdoor spikes (maximum spike length 9mm). MUST be Pyramid or Christmas Tree types only.

Athletes using their own field equipment must declare this by 0910 on the day of the event so it can be checked by an official. We don't have enough officials to be able to check personal equipment once the competition starts

Warm Up and Assembly: There is space available on the warm up track for warming up, and around the perimeter of the outdoor track.

ONLY hurdlers are permitted to warm up on the competition track.

It's the athlete's responsibility to be at the Assembly Area on the indoor track (competition area for Field events) fully warmed up and ready to compete at the correct time. Ensure that you are at the required start point (either competition area for Field or assembly area for Track) at least 15-20 minutes before the event is due to start.

Medals and Ceremony: Medal presentations will take place on the day. We ask that all medal winners listen for announcements and head to the podium quickly so we can conduct the presentations efficiently please

Withdrawal Policy: If you no longer intend to participate, please contact the event organiser as soon as possible. Please refer to the [SSS Terms and Conditions](#).

As this is a medaling event, we will be applying the following policy for on-the-day withdrawals for people who have entered more than one event: *After participating in the early rounds of one event, if that athlete qualifies for a later round but then subsequently withdraws from that event, they will not be able to participate in any other event at the meeting.*

To illustrate this point, if a runner has entered the 100m and 200m, makes it beyond the 100m heats but then withdraws from the 100m, then they are not allowed to compete in the 200m event.

How To Get There: There is car parking available at the venue at the front of the facility, on Kersiebank Avenue itself or in a car park area just off of Inchyra Road. Directions to the stadium can be found [here](#).

If you plan to arrive by coach, please ensure you are dropped off at the front of the facility and the coach parks in the parking area behind the stadium.

Facilities at Venue: The Café may not be open depending on staffing. We strongly encourage athletes to bring their own food as the [nearest shop](#) is a 7 minute walk away. There is a water fountain for filling up water bottles.

Spectators: Anyone who wishes to spectate may come along to the event.

Safety: First Aiders will be present on the day.

Rules and Regulations: This event is held under UK Athletics Rules and scottishathletics Licence. Any event clashes should be identified to an Official as soon as possible. Please listen to announcements for any changes in timetabling etc.

Social Media: We love to hear your experiences at our events, so please tag us @ScotStuSport on Facebook, Twitter and Instagram! Please also use the hashtag: #ScotStuAthletics

Photography: There will be a photographer at the event and we will share the photos on our [Facebook Group](#) – so make sure you join it to get the updates!

Date last updated: 16.04.24

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Scottish Student Sport are looking to reduce the environmental impact of their events.

Please bring your own reusable water bottle and recycle wherever possible

