

IMPORTANT ATHLETE INFORMATION

Declarations

- You must report to the Declaration Area at least one hour before your first event (or by 1:30pm) where you will be issued with competition numbers.
- Declare all of your events at the same time.
- **Declarations will open at 8:30 and close at 1:30 pm.**
- Meeting Managers will make final decisions on late declarations.
- Athletes who have not paid entry **will not** be allowed to compete.
- Athletes who have entered a higher age group in an event will not be allowed to compete (as per the rules in the online entry there is no “moving up an age group” in this competition).

Track

- Track event athletes will go to the call room 10 min before the race.
- All Athletes will go to the call room ready to race.
- Progression from Heats to Finals will be as follows:
 - Sprints (up to 400m) & Hurdles:
 - 2 heats – first two and two fastest losers
 - 3 heats – first and three fastest losers
 - 4 heats – first and two fastest losers
 - 5 or more heats – the six fastest times. Where there are five or more heats the 6 fastest will progress to the A final, the next six fastest will progress to the B race.
 - 800m (U15 & U17) - where there are two heats, first two and four fastest losers will make the final.
- 600m and 800m for U11 and U13 athletes – athletes are not allowed to compete in heats and finals in the same day. Instead of heats, each race will be run as a final and trophies will be awarded to the top three in each race (so multiple “winners” of the 600m and 800m).
- Medals will only be presented to Finalist only none for B races.
- Athletes must arrive at the call room time or will not be allowed to run in the track event.
- If you have any disputes on finals please raise this with the meeting manager via the management office in the indoor centre.
- Track events take precedence over field events

Field

- Field event athletes will assemble near the event areas at the time stated on the timetable.
- Three trials per event, except the High Jump and Pole Vault where usually rules apply.
- Please do not obstruct competitions already in progress
- Do not take practice throws or jumps unless told to do so by an event official.
- If your Field event is taking place at the same time as your Track event, the Track event must take precedence.
- If you have reported to the Field event official before going to your Track Event, the official will allow you to take your trial upon your return to the Field event **at the height, or round of competition reached at that point in time.**

SAFETY

**Do not impede any other athlete during competition.
Take care before stepping on to the track. Look both ways.
Never walk across the grass area in the center of the arena.
Throwing events will be taking place throughout the day.
Have a safe, enjoyable day.**

U11s Multi-event Competition

Under 11s who chose to enter a run (either 100 or 600), jump (long jump) and throw (shot putt) will automatically be entered into the U11s multi-event competition.

Points are awarded for each performance using the SATs scoring system. The male and female athlete with the most points will each be awarded the “Dunfermline & West Fife Sports Council U11s All Round Athlete” award.

Note – for U11s who entered the 100m, the heat time will be used for scoring.