



Pitreavie #TogetherApart Open
Sunday 9th May 2021

Competition Guidelines for Athletes, Chaperones and Officials



Follow physical distancing
at all times



Follow public health guidance



Follow facility guidance



Follow jumps guidance
at all times

scottishathletics 



Follow the group size guidance
laid out by **scottishathletics**



Follow equipment hygiene
and cleaning guidance



Pitreavie #TogetherApart Open Sunday 9th May 2021

Welcome

Welcome to our first outdoor competition of 2021. Please ensure you have read all guidance prior to arriving on the 9th May at Pitreavie.

Note if you have entered and are unable to complete, please email eventsaac@gmail.com prior to Sunday's competition.

Before you Compete

In this phase you must stay at home if you:

- Have been in contact with someone with COVID-19 in the last 14 days.
- Have been overseas to a country on the quarantine list or exposed to someone with COVID-19 in the last 14 days.
- Have COVID-19 symptoms (self-isolate for 10 days) or are feeling unwell.
- Have been told to self-isolate as part of the contact tracing measures in place.

Note: Complete the Symptoms Checker form that you complete on a training night.

Physical Distancing & Good Hygiene Behaviours

- Follow Scottish Government advice on physical distancing at all times.
- Do not share food, towels, and drinks.
- Clean your hands and equipment frequently.
- Cover your coughs and sneezes and dispose of any used tissues in your own bag and take them home with you. Wash your hands for 20 seconds or sanitise afterwards.
- Avoid spitting unless into a tissue which you should take home and dispose of.
- Avoid touching your face.

Note – Any athlete spitting within the arena will be issued with a conduct warning.



Pitreavie #TogetherApart Open
Sunday 9th May 2021

TIMETABLE TRACK

Declaration Time	Event Time	Event		Heats	Bubble	Warm up area	Warm up Arrive	Head to assembly area
9:30-9:45 Drop-off Gates	10:30	75m	SUPERteams	5 heats	#1	Home straight	10:00	10:25 (steeplechase water jump)
9:50-10:00 (clubhouse)	10:50	100m	Open	6 heats	#3	Back straight	10:00	10:45 (steeplechase water jump)
10:05-10:15 Drop-off Gates	11:05	100m	U13 Multis	2 heats	#2	High jump	10:35	11:00 (steeplechase water jump)
10:20-10:30 (clubhouse)	11:20	400m	Open	1 heats	#4	First bend (back straight from 10:45)	10:35	11:15 (javelin)
10:30-10:40 (clubhouse)	11:30	800m	Open	3 heats	#5	Grass outside	10:40	11:25 (javelin)
		BREAK						
11:15-11:25 (clubhouse)	12:15	300	Open	1 heat	#6	Back straight	11:45	12:10 (javelin)
11:20-11:30 (clubhouse)	12:20	1500	Open	1 heat	#7	Grass outside	11:30	12:15 (javelin)
N/A	12:35	200	U13 Multis	2 heats	#2	Grass Infield	12:05	12:30 (pole vault)
11:40-11:50 (clubhouse)	12:45	200	Open	6 heats	#8	High jump	12:00	12:40 (pole vault)
N/A	13:10	600	SUPERteams	4 heats	#1	High jump	12:45	13:05 (pole vault)



Pitreavie #TogetherApart Open
Sunday 9th May 2021

TIMETABLE FIELD

Declaration Time	Time	Event	Bubble	No. Athletes	Warm up area
9:30-9:45 (gates)	10:30	Shot Putt (4 throws)	#8 Open	4	Shott putt
N/A	10:45	Long jump (3 jumps)	#1 SUPERteams U11 Girls	10	
N/A	11:00	Shot Putt (3 throws)	#1 SUPERteams U11 Boys (2kg)	9	
	11:15	PIT CLEAN			
N/A	11:30	Long jump (3 jumps)	#1 SUPERteams U11 Boys	9	Grass outside
N/A	11:30	Shot Putt	#1 SUPERteams U13 Girls/Boys (2.72/3kg)	11	Grass outside
	12:00	PIT CLEAN			
N/A	12:15	Long jump (3 jumps)	#1 SUPERteams U13 Girls/Boys	11	Grass outside
N/A	12:15	Shot Putt (3 throws)	#1 SUPERteams U11 Girls (2kg)	9	Grass outside
	12:45	PIT CLEAN			
12:00-12:10 (clubhouse)	13:00	Long jump (4 jumps)	#9 Open	5	Grass infield
N/A	13:00	Shot Putt	#2 U13 Multis	12	Grass infield



Pitreavie #TogetherApart Open
Sunday 9th May 2021

Pitreavie AAC U12 SUPERTEAMS and U13 Multi Athletes

Athletes are allocated a 'competition bubble'. This will allow them to participate in multiple events, as the same athletes will compete within their bubble the whole day.

WHAT TO BRING

- Clothing suitable for the weather (note it can be cold in the stand and the weather can change over the day, so come prepared)
- Competition vest if you have one (white/navy/gold)
- Spikes if wearing
- A large filled water bottle
- Lunch and snacks
- Safety pins (these are good to keep in their bag at all times in a wee box or tin)

ARRIVAL

TIME TO ARRIVE	Group	Coaches
9:30am	SUPERteams	Julie, Kerry, Bruce
9:45am	U13 Multis	Malcolm

- No chaperones will be allowed in the arena, athletes will have dedicated coaches and helpers for each bubble.
- Please drop your child off at the large gates to the stand where you will be greeted. The athlete will be seated in their "competition bubble" and remain there for the duration of the competition
- Please collect your child at 13:30pm from the East of the stand.

TOILETS

- U12/U13 toilet is a unisex toilet at the East end of the stand (near where they are sitting). It will be single access, so one at a time allowed in.
- Chaperone toilets are situated in the Pitreavie Clubhouse. To exit, leave by the stairs to the west of the stand (the normal stairs to enter) and to enter, please come back in by the large gates. These are single use toilets, please do not queue inside the building.



Pitreavie #TogetherApart Open

Sunday 9th May 2021

COMPETITION

75m U12, 100m U13

- Started by a gun and an official time for rankings.
- Hand timing will be used.
- Athletes will sanitise their hands before and after the race.
- Up to six athletes per race.

LONG JUMP

- Runs ups will be marked at 10m, 12m, 15m from the take -off board and athletes chose where to start. There will also be a tape for those wishing a more precise run-up.
- All valid long jumps are measured from the edge of the take-off board to the athlete's mark in the sand closest to the take-off. The athlete's furthest jump from three attempts will be their scoring performance.
- Athletes will sanitise their hands after each jump.
- Official results for ranking.

SHOT PUTT

- Each athlete will be given three throws.
- Athletes will sanitise their hands after each throw.
- Official results for ranking.

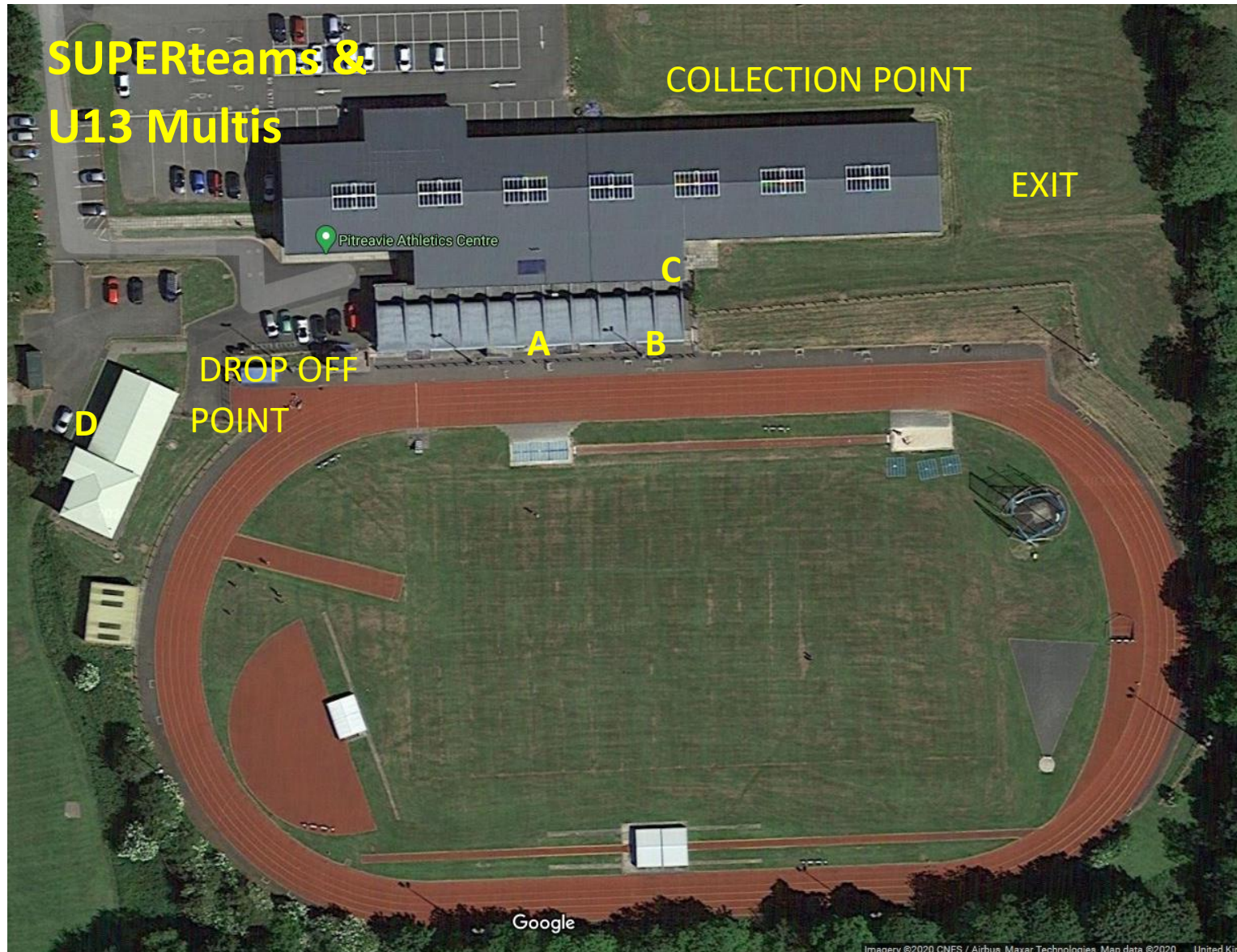
600m U12, 800m U13

- Started by a gun and an official time for rankings.
- Hand timing will be used.
- Up to eight athletes per race.
- This event may feel a little daunting and a long way for small legs, but not to worry over it!



Pitreavie #TogetherApart Open

Sunday 9th May 2021



KEY	DESCRIPTION
A	U13s Multi seating
B	U12s SUPERteams seating
C	Athlete toilet
D	Chaperone (disability athletes) toilet



Pitreavie #TogetherApart Open

Sunday 9th May 2021

OPEN EVENT

DECLARATION

- Please declare at the time stated on the timetable (not earlier).
- Wear a mask for declaration and when moving around the arena, and ensure social distancing is maintained if queuing.
- You will receive your number (the person handing these out will use hand sanitiser to ensure no contamination).
- Please bring your own safety pins as these will not be provided.
- Coaches and chaperones (disability athletes) must also declare and will only be allowed access if they have pre-registered.

WARM-UP

- Once declared, please head to your designated warm-up area. It is important you do not leave this area to mix with any other bubbles.
- Coaches who have registered online will be allowed access, however must wear a mask at all times and must stay on the concrete perimeter to maintain social distancing at all times.
- Social distancing must always be maintained between athletes in different events.
Social distancing must always be maintained by coaches.
- Please leave any baggage at the drop-off zone prior to racing (at the finish line)

EVENT

- Each bubble will have a designated chaperone who will lead you to the assembly point at the designated assembly time.
- Starting blocks will be available (personal blocks are not permitted). Athletes must hand sanitise prior to touching the blocks.
- Athletes must hand sanitise before and after the race.
- Hand timing will be used.
- Coaches must keep to the concrete perimeter of the track at all times.



Pitreavie #TogetherApart Open

Sunday 9th May 2021

EXIT

- Please collect your baggage immediately after your race, walk anti-clockwise around the perimeter of the track and exit via the East end. Cool-down must be completed outside of the stadium.

TOILETS

- Toilets are situated in the Pitreavie Clubhouse (male and female). To exit, leave by the stairs to the west of the stand (the normal stairs for entry) and to re-enter, please come back in by the large gates. These are single use toilets, please do not queue inside the building.



Pitreavie #TogetherApart Open

Sunday 9th May 2021





Pitreavie #TogetherApart Open Sunday 9th May 2021

OFFICIALS/VOLUNTEERS

- Masks must be worn at all times
- Please enter via the large gates and register your arrival.
- Toilet is a single access unisex toilet at the entrance to the indoor facility. Use the main stairs to exit the stadium and the large gates to re-enter.
- Hot refreshments (tea/coffee) will be “on-demand” and orders taken during breaks and brought to you.
- Traveling officials – if you wish us to provide a lunch bag please email eventspace@gmail.com
- No sharing of equipment
- Please hand sanitise regularly

MEETING MANAGER	Nicola Moriarty
START TEAM	Richard O’Grady Kevin Rose Caitlin Watt Francis Smith
TIMEKEEPING	Chief – Peter Ramsay Frank Coyle Morna Fleming Kenny Duncan Bill Gault John Wands (v)
TRACK	Ref – Andy Law Carol-Anne McFarlane David Rose Pauline Laidlaw Gil Cochrane Sandra Hardacre Donald Nethery (v) Louisa Nethery (v)
FIELD	Ref – Marc Ritchie Margaret McInally



Pitreavie #TogetherApart Open

Sunday 9th May 2021

	Alistair McNally Norma Bruce Ian Douglas Carol Rose Rebekah Rose Sophie Allan Barry McMahon Margaret Voss Plus four volunteers
ANNOUNCER	Gordon McFarlane
RESULTS	Val Murdoch Claire Macfarlane (v)
SUPERteams	Julie McLeod, Kerry Dunnett, Bruce Hutchison
U13 Multis	Malcolm Fairweather, Susan Allan

(v) - volunteer



Pitreavie #TogetherApart Open
Sunday 9th May 2021

