

**SEEDING, DRAWS AND QUALIFICATION
IN TRACK EVENTS AT
scottishathletics CHAMPIONSHIPS**

scottishathletics Championships operate under UK Athletics Rules.

The following guidelines assume a circular Outdoor track is 8-lane and a circular Indoor track is 6-lane. In both cases, the straight is 8-lane.

Rule 166 Seedings, Draws and Qualification in Track Events should be adhered to for Outdoor competitions and Rule 215 for Indoor competitions.

- Any seeding will be based on the number of declared athletes in an event not the number of entries.
- The maximum number of rounds, for events up to and including 800m, will be three (first rounds, semi-finals and final) and the maximum number of rounds for events over 800m will be two (first round and final).
- For all track events up to and including 800m, the following will apply:
 - a) If there are three heats, or less, in the first round, then there will be no semi-finals
 - b) If there are four heats in the first round, then there will be two semi-finals
 - c) If there are five or more heats in the first round, then there will be three semi-finals.
- For 800m:
 - a) Every effort will be made to avoid three rounds of competition.
 - b) The maximum number of runners in any race will be 10 (Outdoor) or 8 (Indoor).
 - c) If first round heats are held only 8 (Outdoor) or 6 (Indoor) athletes will qualify for the final.
- For Mile, 1500m, 1500m steeplechase and 2000m steeplechase:
 - a) Unless there are exceptional circumstances, the recommended maximum number of runners in any race will be 14 (Outdoor) and 12 (Indoor).
 - b) If first round heats are held, only 12 athletes will qualify for the final.
- For 3000m, 3000m steeplechase and 5000m:
 - a) The maximum number of athletes in any race will be 24 (Outdoor) or 16 (Indoor).
 - b) If first round heats are held, only 16 athletes will qualify for the final.
- Wherever possible, current information about the performance of all athletes will be considered and heats drawn, so that normally the best performers reach the final. Information will be obtained from the Power of 10 Rankings to assist this process.
- In general at scottishathletics Senior and Under 17 Championships (where these are held at the same time and venue) Finals will be held at the scheduled FINAL time regardless of whether heats and/or semi finals are required. For all other championships, if heats and/or semis are timetabled but not required then the Final will be run at either Heat or Semi Final time whichever comes first in the timetable. In exceptional circumstances and at the discretion of the National Technical Delegate a flexible approach to this policy is acceptable.
- The following tables will be used, in the absence of extraordinary circumstances, to determine the number of rounds to be held, the number of heats in each round and the qualification procedure* for each round of track events:

N.B.	H	Number of heats
	P	Qualifiers on position
	T	Qualifiers on time

*This will often be written as (for example in a 2-heat race) "3 + 2f/l" meaning the first 3 in each heat plus the two fastest losers overall progress, giving 8 to the Final.

OUTDOOR

100m, 200m, 300m, 400m, 75m Hurdles, 80m Hurdles, 100m Hurdles, 110m Hurdles, 300m Hurdles, 400m Hurdles (Max 8 per race)

Declared Athletes	Round 1				Semi Finals				Final
	H	P	T		H	P	T		
1-8									1
9-16	2	3	2	3+2f/l					1
17-24	3	2	2	2+2f/l					1
25-32	4	3	4	3+4f/l	2	3	2	3+2f/l	1
33-40	5	4	4	4+4f/l	3	2	2	2+2f/l	1
41-48	6	3	6	3+6f/l	3	2	2	2+2f/l	1
49-56	7	3	3	3+3f/l	3	2	2	2+2f/l	1
57-64	8	2	8	2+8f/l	3	2	2	2+2f/l	1
65-72	9	2	6	2+6f/l	3	2	2	2+2f/l	1
73-80	10	2	4	2+4f/l	3	2	2	2+2f/l	1
81-88	11	2	2	2+2f/l	3	2	2	2+2f/l	1

800m (Max 8 per race)

Declared Athletes	Round 1				Semi Finals				Final
	H	P	T		H	P	T		
1-8									1
9-16	2	3	2	3+2f/l					1
17-24	3	2	2	2+2f/l					1
25-32	4	3	4	3+4f/l	2	3	2	3+2f/l	1
33-40	5	4	4	4+4f/l	3	2	2	2+2f/l	1
41-48	6	3	6	3+6f/l	3	2	2	2+2f/l	1
49-56	7	3	3	3+3f/l	3	2	2	2+2f/l	1
57-64	8	2	8	2+8f/l	3	2	2	2+2f/l	1

800m (First Round Max 10, Semi-Finals/Finals 8)

	Round 1				Semi Finals				Final
Declared Athletes	H	P	T		H	P	T		
1-10									1
11-20	2	3	2	3+2f/l					1
21-30	3	2	2	2+2f/l					1
31-40	4	3	4	3+4f/l	2	3	2	3+2f/l	1
41-50	5	4	4	4+4f/l	3	2	2	2+2f/l	1
51-60	6	3	6	3+6f/l	3	2	2	2+2f/l	1
61-70	7	3	3	3+3f/l	3	2	2	2+2f/l	1

Mile, 1500m, 1500m steeplechase and 2000m steeplechase. (First Round Max 14, Final Max 12)

	Round 1				Semi Finals				Final
Declared Athletes	H	P	T		H	P	T		
1-14									1
15-28	2	4	4	4+4f/l					1
29-42	3	3	3	3+3f/l					1
43-56	4	2	4	2+4fl					1
57-70	5	2	2	2+2f/l					1

3000m, 3000m steeplechase and 5000m. (First Round Max 24, Final Max 16)

	Round 1				Semi Finals				Final
Declared Athletes	H	P	T		H	P	T		
1-24									1
25-48	2	6	4	6+4f/l					1

INDOOR**60m, 60m Hurdles (Max 8 per race)**

Declared Athletes	Round 1				Semi Finals				Final
	H	P	T		H	P	T		
1-8									1
9-16	2	3	2	3+2f/l					1
17-24	3	2	2	2+2f/l					1
25-32	4	3	4	3+4f/l	2	3	2	3+2f/l	1
33-40	5	4	4	4+4f/l	3	2	2	2+2f/l	1
41-48	6	3	6	3+6f/l	3	2	2	2+2f/l	1
49-56	7	3	3	3+3f/l	3	2	2	2+2f/l	1
57-64	8	2	8	2+8f/l	3	2	2	2+2f/l	1
65-72	9	2	6	2+6f/l	3	2	2	2+2f/l	1
73-80	10	2	4	2+4f/l	3	2	2	2+2f/l	1

200m, 300m, 400m (Max 6 per race)

Declared Athletes	Round 1				Semi Finals				Final
	H	P	T		H	P	T		
1-6									1
7-12	2	2	2	2+2f/l					1
13-18	3	1	3	1+3f/l					1
19-24	4	2	4	2+4f/l	2	2	2	2+2f/l	1
25-30	5	2	2	2+2f/l	3	1	3	1+3f/l	1
31-36	6	2	6	2+6f/l	3	1	3	1+3f/l	1
37-42	7	2	4	2+4f/l	3	1	3	1+3f/l	1
43-48	8	2	2	2+2f/l	3	1	3	1+3f/l	1

800m (First Round Max 8, Final Max 6)

Declared Athletes	Round 1				Semi Finals			Final
	H	P	T		H	P	T	
1-8								1
9-16	2	2	2	2+2f/l				1
17-24	3	1	3	1+3f/l				1
25-32	4	1	2	1+2f/l				1
33-40	5	1	1	1+1f/l				1
41-48	6	1	-	1+0f/l				1

800m (Straight Final Max 8, otherwise all races Max 6)

Declared Athletes	Round 1				Semi Finals			Final
	H	P	T		H	P	T	
1-8								1
9-12	2	2	2	2+2f/l				1
13-18	3	1	3	1+3f/l				1
19-24	4	1	2	1+2f/l				1
25-30	5	1	1	1+1f/l				1
31-36	6	1	-	1+0f/l				1

1500m (Max 12 per race)

Declared Athletes	Round 1				Semi Finals			Final
	H	P	T		H	P	T	
1-12								1
13-24	2	4	4	4+4f/l				1
25-36	3	3	3	3+3f/l				1
37-48	4	2	4	2+4f/l				1
49-60	5	2	2	2+2f/l				1

3000m and 5000m (Max 16 per race)

Declared Athletes	Round 1				Semi Finals				Final
	H	P	T		H	P	T		
1-16									1
17-32	2	6	4	6+4f/l					1
33-48	3	4	4	4+4f/l					1