

Foreword – Moira Maguire

2018 was a year to be remembered for the success of Scottish athletes, who headed world rankings, won World Championship titles, surpassed their medal target in Gold Coast and broke longstanding Scottish records, while the selection of Scottish athletes for the European Championships in Berlin hit an all-time high. It has not gone unnoticed that a growing number of our international athletes are choosing to base themselves in Scotland and it is incumbent on the Track and Field Commission to put in place a competitive pathway, which meets the needs of all our athletes.

The Championship season opens with the 10,000m Championships on the evening of Friday 19th April and thanks once again to the Glasgow Athletic Association, who have allowed these to be incorporated into their opening GAA Miler Meet of the season. The 2nd Miler Meet at Scotstoun on the 31st May hosts the U17 and U20 3000m Championships with the East and West District 5000m events also happening that evening.

Following a review of the 2018 season a decision was taken to pilot the Senior and U20 age group District Championships as National Open Graded events for the weekend of May 10/11/12. The clear aim of the changes is to seek to improve the quality and depth of Senior and U20 events, thus providing an early-season, high level and meaningful competitive opportunity for Seniors and U20s. The District format for U17, U15 and U13 athletes remains as before offering an appropriate competition in those age groups. The North will continue with their Friday evening and Saturday programme as previously – with District Champs for the three younger age groups and Open Graded style events for Seniors and U20s. In the East and West, competition will take place on Saturday 11 May and Sunday 12 May with the event programme split between the Grangemouth and Kilmarnock venues. For 2019 Senior and U20 endurance and throws will be held at Kilmarnock and sprints and jumps at Grangemouth. No medals will be awarded in the Senior and U20 age groups, as per an Open Graded format, but the best performing athletes from each district will be recorded in a roll of honour (regardless of which venue they compete at). There will be A and B finals in events up to and including 400 Metres and in Field events, all competitors will have three attempts with the best eight qualifying for a further three trials. U20 athletes, should they choose, can compete using U20 implements and hurdle heights.

The popular FPSG SUPERteams event will take place on Saturday 15th June at Scotstoun and remains a competitive opportunity for those in the U12 age group.

Grangemouth will play host to the Combined Events and Masters Championships on the 13th and 14th July with the opportunity for hurdlers to take part in Event Specific Hurdles events on the Sunday.

It will be back to Grangemouth for Scottish National U13, U15 and U20 Championships while the same venue hosts the Scottish Senior and the U17 National Championships on the weekend of the 10th and 11th August. The incentive of the £2000 prize pot proved popular last year and will be on offer again this year in addition to a prize pot for para athletes. The growing sophistication of the Vinco coverage of the Championships is welcomed and will continue in 2019.

The Masters athletes will contest their 5,000m Championships at on the 26th May and their 10,000m Championships will take place on the 31st August.

This year **scottishathletics** is piloting a Relay Championships day on the 15th September, an opportunity for clubs to enter relay teams in all age groups and in all events at one venue and it is to be hoped that this will be well received by the clubs.

The inaugural National Event Specific Grand Prix Series, which recognised individual athlete performances, club performances and club participation across track and field event disciplines proved popular and following a review will continue in 2019, recognising performances in National and District Championships alongside performances recorded in recognised Event Specific Opportunities, including the popular Miler Meets, Throws and Jumps Grand Prix, Sky High Vault, and Sprint Gala meets.

2019 Track and Field Team Selection Information



Open Graded meetings and League competition continue to play an important part in the athlete development pathway and are supported by **scottishathletics**.

The May Loughborough International and the Manchester International in August are recognised as important fixtures on the international calendar for senior athletes. Below senior level **scottishathletics** are looking to provide increased international opportunities for young athletes over the next few years – with a focus in particular on the U20 and U23 age groups and will be supported by the Track and Field Commission in this. With this aim in mind, the U20 International opportunity in Wales, that began last year, will again see a Scottish U20 team compete against Wales, Ireland and the English regions.

While the World Championships in Doha in late September will be the focus for our top Scottish stars, the U23 European Championships in Gavlo in Sweden on the 11th to 14th July and the U20 European Championships a week later in Boras also in Sweden will be the target for our emerging talent.

The Track and Field Commission would like to acknowledge once again the huge contribution that all the competition providers make to the competition pathway in Scotland and we are indebted to the professional staff, club volunteers, athletes, parents, coaches and officials, who work together to deliver something we can all be very proud of.

We wish everyone in the athletics community a healthy and successful 2019.

Scottish International Opportunities Selection Information

The selection of teams for **scottishathletics** Track & Field International Representative Matches will be made by a Selection Committee which will consist of a Chair, who is not an employee of **scottishathletics** and whose appointment is agreed by the Board, Head of Performance and Coaching, Coaching Representative, two representatives appointed by the Track and Field Commission (of whom one must sit on the Commission) and the **scottishathletics** Statistician. Voting rights will be held by Head Coach (or substitute) and one representative from Track & Field Commission and the Chair will have the casting vote. Track and Field Commission will appoint a secretary for minute taking purposes.

Their selection will be made according to the following criteria:

1. The **scottishathletics** eligibility rules shall apply.
2. Athletes must be current members of **scottishathletics** on date of selection meeting.
3. Where the selection for an event involves an athlete with whom a selector is closely involved e.g. as Manager or Personal Coach, then the selector involved will play no part in the selection for that event.
4. Only athletes who will benefit from the standard of competition at a particular event will be selected and the selection committee has discretion to leave places empty if necessary.
5. The decision of the selectors is final. Any correspondence regarding selections must be forwarded to the Chair of Selectors via **scottishathletics** for response. No other response will be deemed official.
6. All international selections are dependent on athlete full acceptance of the terms of the International Athlete Code of Conduct issued to all selected athletes.
7. See the selection notes for each international for additional detail specific to the fixture.
8. Any athlete substitutions resulting from changes in athlete availability, fitness status, injury, illness etc. occurring post-selection will be based on named reserves from the selection meeting. Any further substitutions that may be required beyond this are the responsibility of both the Performance Team and Selection Group.

Selection Criteria

Selectors will make their decisions based on nominations from the **scottishathletics** Performance Team, where appropriate, taking account of:

- The needs of the sport to continue to develop and retain athletes towards key senior outcomes
- Current Scottish rankings and performances in nominated trial events (where appropriate).
- Current and, where applicable, head-to-head form.
- The nature and quality of the event at which performances were achieved e.g. presence of qualified officials, use of automatic timing/wind gauges; licensing status of facility etc.
- Consideration will be given to wind speeds in making athlete comparisons.
- Athlete availability.
- Any other relevant factors e.g. fitness status, ability to compete at the required level, commitment to and conduct at previous international opportunities.

<http://www.scottishathletics.org.uk/athletes/performance/selection-policies/>

**Scottish International Opportunities
Event Information**

**Loughborough International
Loughborough University**

Date	19 th May 2019
Selection Date	29 th April 2019
Number	Max of one per event

Athlete Contribution	N/A
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Selection Notes	For more information, please refer to the Selection Information in this book. Selection will be based on previous years' form, however, where appropriate, consideration will also be given to performances in the current season, including indoor performances.
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Other Information	Personal Coach Accreditation Details will be provided as they become available
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Events

Women	100m, 200m, 400m, 800m, 1500m, 3,000m, 3000m SC, 100mH, 400mH, 4 x 100m, 4 x 400m High Jump, Long Jump, Pole Vault, Triple Jump Hammer, Shot, Discus, Javelin
Men	100m, 200m, 400m, 800m, 1500m, 3000m, 3000mSC, 110mH, 400mH, 4 x 100m, 4 x 400m High Jump, Long Jump, Pole Vault, Triple Jump Hammer, Shot, Discus, Javelin

**Manchester International
Sportcity, Manchester**

Date	14 th August 2019
Selection Date	29 th July 2019
Number	Max of one per event

Athlete Contribution	N/A
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Selection Notes	For more information, please refer to the Selection Information in this book.
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Other Information	Personal Coach Accreditation Details will be provided as they become available
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Events

Women	100m, 200m, 400m, 800m, 1500m, 3000m, 3000mSC, 100mH, 400mH, 4 x 100m, 4 x 400m High Jump, Long Jump, Pole Vault, Triple Jump Hammer, Shot, Discus, Javelin
Men	100m, 200m, 400m, 800m, 1500m, 3000m, 3000mSC, 110mH, 400mH, 4 x 100m, 4 x 400m High Jump, Long Jump, Pole Vault, Triple Jump Hammer, Shot, Discus, Javelin

Home Country Combined Events International
Sportcity, Manchester

Date	3 rd & 4 th August 2019
Selection Date	10 th June 2019
Number	Max One Male and One Female Team (made up of 1 x senior, 1 x U23 and 2 x U20)

Athlete Contribution | N/A

Selection Notes | For more information, please refer to the Selection Information in this book.

Events

Women | Heptathlon

Men | Decathlon

Welsh International (U20)
Cardiff

Date	24 th July 2019
Selection Date	1 st July 2019
Number	Max of one per event

Athlete Contribution | £50

Selection Notes | For more information, please refer to the Selection Information in this book.

Events

Women | 100m, 200m, 400m, 800m, 1500m, 3000m, 100mH, 400mH, 4 x 100m, 4 x 400m
High Jump, Long Jump, Pole Vault, Triple Jump
Discus 1Kg, Hammer 4kg, Shot 4kg, Javelin 600g

Men | 100m, 200m, 400m, 800m, 1500m, 3000m, 110mH, 400mH, 4 x 100m, 4 x 400m
High Jump, Long Jump, Pole Vault, Triple Jump
Discus 1.75kg, Hammer 6Kg, Shot 6kg, Javelin 800g

Links and Contacts

scottishathletics Performance Team Contacts

Contact details for the **scottishathletics** Performance Team can be found on the website:
<https://www.scottishathletics.org.uk/about/people/staff/>

scottishathletics Events Calendar

The **scottishathletics** events calendar can be accessed via the following link:
<https://www.scottishathletics.org.uk/events/>

British Selection Policies

Selection Policies for British Teams can be found on the UKA website:
<https://www.uka.org.uk/performance/2019-selection-policies/>

Anti-Doping Information

Further information on Anti-Doping can be found via the following links:
<https://www.scottishathletics.org.uk/about/welfare/anti-doping/>
<https://www.uka.org.uk/cleanathletics/>
<https://www.globaldro.com/Home>
<https://www.informed-sport.com/>