

# Field Newsletter (21) May 2026

Welcome to May Please get in touch with ideas for your Newsletter.



My daughter sent me the perfect badge for me, and I think it could apply to all Field Officials – thank you Brenda for this snippet.

## I'M NOT OVERTHINKING, I'M PRE-SOLVING PROBLEMS THAT DON'T EXIST YET

### The Two-Colour System for High Jump/Pole Vault Cards- Thanks to Donna Wallace for this contribution

A visiting official taught me this system at the Indoor Combined Events. It requires two contrasting pen colours, e.g. black & red, that stand out next to each other. You begin as normal using the first colour – black is recommended as it photocopies well. When you run out of space go back to the first column and start recording in red.

Start Height	1.28	1.31	1.34	1.37	1.40	1.43	1.46	1.49	1.52	1.55	1.58	1.61	Best Height
	1.64	1.67	1.70	1.73	1.76	1.79	1.82						
1.61	o	o	o	x x o	o	x x o	x x x					o	1.79
1.61	-	o	o	x x x								o	1.70
1.34			o	x o	x o	o	x x x						1.43
1.28	o	x o	o	o	x x o	x x x							1.40
1.37				o	o	x o	x x x						1.43
1.40					x o	o	o	x o	x x x				1.49
1.40					x o	x x o	x x x						1.43
1.46	x x o	o	x o	x o	x x x		o	-	-	o	o	o	1.73

For the above card, the winning athlete (1st row) cleared their starting height of 1.61m (recorded far right in black) before clearing 1.64, 1.67 & 1.70 on their first attempt (recording in red at the start of the row) and so on. They went out after three attempts at 1.82m. I have used a solid red box to emphasise the end of the attempts that have wrapped around. A fuller explanation is available in the Officials toolkit.

### Thoughts from the Field



Well, we have set off at a gallop. Woolly socks, hats, and big jackets in the morning; suncream, shorts, peaked caps in the afternoon, and the only constant being sunglasses! I'm not complaining, honest.

As outdoor venues open up for the summer, those on tech teams are being reminded that each centre has its unique challenges. This is a good time to volunteer to help as you will learn the 'how' element of each field event from the officials' point of view. We have a wide range of experience across the board so you will not be thrown in at the deep end. Whether calibrating the pole vault or setting up the EDM, there will be someone on hand to guide you. And there is no such thing as a stupid question, though there might be some surprising answers - as those of us setting up the long jump in Aberdeen recently found out. We now have an excuse to stock up on ice lollies - great use of sticks. Keep up the great work fellow officials. We have a long season, why not add to your experience by helping out at set up? Enjoy.

## HEALTH & SAFETY: -FIELD SPECIFIC (always worth revisiting)

- Always face the cage/runway/circle at all times – including warm-up and competition
- Always acknowledge the warning horn/wave from the chief judge on all throwing events. Officials should not take their eyes off the implement until it has landed, after acknowledging the chief judge.
- Do not let the athlete enter the cage/circle/runway until all judges within the vicinity of the throwing sector have acknowledged the warning horn/wave.
- Follow the process of – calling athlete(s) up, blow the warning horn/wave, receive acknowledgement by all judges in and around the throwing sector, inform athlete to head onto/into the cage, circle, runway.
- Officials with duties around the throwing sector e.g., spiking, validity and retrieving – should position themselves in a safe location, with plenty of space around them to move and not take your eyes off the implement till it lands.
- Always check the pit is ready before removing the cone or stepping back for the next trial.
- Ensure that athletes/parents/coaches not competing in the event, are asked to relocate to the outside of the perimeter of the track.



### May and June – Field Events

Sun, 03 May	League	Youth Development League Div 1 & 2	Grangemouth
Sun, 03 May	League	Youth Development League Northeast Div	Aberdeen
Tue, 05 May	Open Graded	Kilbarchan AAC Open Graded Meeting 2	Linwood
Sat, 09 May	Open Graded	National Outdoor Open (U18+)	Linwood
Sun, 10 May	League	Central & South Scotland League Div 1	Crownpoint?
Sun, 10 May	League	Central & South Scotland League Div 2 / 3	Grangemouth
Sun, 10 May	League	RAM League - East	Aberdeen
Sun, 10 May	League	RAM League - North	Inverness TBC
Sat, 16 May	Scottish Championships	North & East District Championships (U12-U16)	Aberdeen
Sat, 16 May	Scottish Championships	West District Championships (U12 -U16)	Kilmarnock
Sun, 17 May	Scottish Championships	North & East District Championships (U12-U16)	Aberdeen
Sun, 17 May	Scottish Championships	West District Championships (U12, U14, U16)	Kilmarnock
Sat, 23 May	Open Graded	GAA Sprints Gala (Track & Field)	Crownpoint
Sun, 24 May	League	Youth Development League Div 1 & 2	Kilmarnock
Sun, 24 May	League	Youth Development League Northeast Div	Dundee
Sat, 30 May	Open Graded	Stirling University Meeting	Stirling
Sun, 31 May	League	Scottish National Athletics League	Grangemouth
Wed, 03 Jun	Disability	SDS Junior Championships	Grangemouth
Sat, 06 Jun	Schools	Schools Pentathlon Champs & Primary Track Relays	Grangemouth
Sun, 07 Jun	League	Forth Valley League	Grangemouth
Tue, 09 Jun	Open Graded	Kilbarchan AAC Open Graded Meeting 3	Linwood
Fri, 12 Jun	Schools	Scottish Schools T&F Championships	Grangemouth
Sat, 13 Jun	Schools	Scottish Schools T&F Championships	Grangemouth
Sun, 14 Jun	Disability	Red Star Games	Crownpoint
Wed, 17 Jun	Open Graded	Ayrshire OG Meet 2	Kilmarnock
Sat, 20 Jun	Open Graded	GAA Sprints Gala (Track & Field)	Crownpoint
Sun, 21 Jun	League	Youth Development League Div 1 & 2	Grangemouth
Sun, 21 Jun	League	Youth Development League Northeast Div	Aberdeen
Sat, 27 Jun	Scottish Championships	SUPERteams Final	Kilmarnock
Sun, 28 Jun	Scottish Championships	National Track Relay Championships	Kilmarnock