

INFORMATION FOR ATHLETES

4J SCOTTISHATHLETICS U14, U16 AND U20 TRACK & FIELD CHAMPIONSHIPS

SATURDAY 22 AND SUNDAY 23 AUGUST 2026
GRANGEMOUTH STADIUM
KERSIEBANK AVENUE, FALKIRK FK3 0BS





INTRODUCTION

We look forward to seeing you at the National U14, U16 and U20 Championships and wish you an enjoyable and rewarding competition.

All relevant information can be downloaded from the fixture pages on the **scottishathletics** website:



5 STEPS TO COMPETING

- 1 Pre-event – check the start list for your event time and declarations closing time.
- 2 Declare – closes 60 minutes before your event. Don't be late!
- 3 Warm up – the indoor warm up area opens 60 minutes before your call time.
- 4 Report to Call Room – report to Call Room according to the published schedule.
- 5 Compete!

Don't forget to collect any medals you have won before you leave too! Track medallists should report to presentations immediately after their race. Field medallists will be escorted directly to presentations from the event site.

HELPLINE: 07598617757

If you are running late on the day, please call the above number to declare by phone before declarations closes for your event. If unanswered, please leave a message.

ADMISSION AND PARKING

The stadium will be open to athletes, coaches and spectators from 8.30am via the main entrance.

Car parking in front of the stadium is available on a first come first served basis and will fill up quickly. Additional parking spaces can be found in the overspill car park at the rear of the stadium. Alternative car parking is also available at Grangemouth High School, accessible via Tinto Drive past Bowhouse Primary School. All drivers in any of these areas must be considerate to local residents and park responsibly.

All non-athlete attendees should have registered with **scottishathletics** in advance via the event fixture page linked above. Parents can register via their child's account if they are not members themselves. All attendees will need to show their confirmation e-mail (either printed or on a mobile device) to gain access to the venue on the day.

Online entry fees:

Spectators - £4

Coach members of scottishathletics - Free

A **pay on the day option of £6** by card only is available for those who have not registered in advance. Coach members must register in advance if they wish to avoid the £6 on the door fee: we will not be able to check memberships on the day for free entry.

Access to the competition and warm up areas will be restricted to athletes, officials and coaches, on production of their valid licence. Parents, spectators and non-competing athletes should spectate from the seating areas or areas around the stadium.



WITHDRAWALS AND SEEDING

If, for any reason, you are no longer able to attend this event, please contact the Competitions Team (events@scottishathletics.org.uk) as soon as possible.

Waiting lists are still in operation for the following events: U16 Boys 100m and 200m, U16 Girls 200m and 800m, U14 Boys Javelin and U14 Girls 100m, 200m, 800m, Long Jump and Javelin. Final offers will be made on Thursday 20th August.

Athletes will be seeded per seasons best/personal best times as stated at time of entry. Any updates should be reported by e-mail by 4pm on Thursday 20th August and must be able to be verified at www.thepowerof10.info or an international equivalent (please include a link to your performance/profile in your e-mail.)

DECLARATIONS

Athletes must declare at the declarations area at the entrance to the indoor track. In order to minimise queues, spectators and coaches should not accompany athletes to declarations.

Declarations Opening Hours: 0830 - 1545hrs on both days

Declarations close 60mins prior to each event start time

Athletes must declare separately for every event they will participate in and ensure their name is circled on the entry lists for all of their events. Athletes registering after their event has closed will not be allowed to compete.

U20 athletes competing on both days are required to declare separately on the morning of each day. Athletes must also retain any numbers issued on Saturday for Sunday's events: new numbers will not be issued for Sunday's competition if you competed on Saturday.

U14 and U16 Girls Long Jump competitions will be held in two pools. All athletes intending to compete must declare at least 60 minutes prior to the timetabled start time for the earliest pool.

ASSISTANCE IN COMPETITION

Any athlete requiring assistance during competition should complete and return an assistance request form by 12 noon on Thursday 20th August. If you require a form, please contact events@scottishathletics.org.uk



WARM UP

Athletes may use the indoor warm-up track for their final preparations before competition. To ensure there is sufficient space for all athletes, the indoor warm-up area must not be used as a base throughout the day. Access to the indoor warm-up area will be permitted no earlier than 60 minutes before your event Call Room time.

There is no designated outdoor warm-up area, as the full track and field will be in use for competition. The back straight is not available for warm-up. Athletes should therefore complete the majority of their warm-up outdoors in the areas around the outside of the track, before moving into the indoor warm-up area for final preparations.

A limited number of hurdles and starting blocks will be available in the indoor warm-up area, at the end furthest from the Call Room.

Bags are not permitted in the indoor warm-up area. Athletes should bring only what they need for their final preparations. A bag drop is available at the entrance, with lockers also available in the changing rooms. Athletes should leave any bags, spare clothing and other belongings in the bag drop or lockers before reporting to the Call Room. Please note: athletes will not be permitted to return to the indoor warm-up area after their event. Make sure you take everything you need with you when you leave the warm-up area to report to the Call Room.

Licensed coaches accompanying athletes in the warm-up area must wear a wristband, available from Admissions on arrival, to gain entrance. General spectators are not permitted in the warm-up area.



CALL ROOM

The Call Room, located within the indoor track, will be accessed from the indoor warm up area.

At the Call Room reporting time, athletes must report to the Call Room for checks prior to being escorted to the competition area. Only athletes are permitted within the Call Room: coaches should return to the spectator areas when their athlete reports for their event.

Before reporting, all kit not required during competition must be left with a coach/spectator in the stand or in the bag drop area. Athletes will not be allowed to re-enter the warm-up area directly after competing and so must take all belongings with them when they leave.

All athletes must report to the Call Room with the minimum amount of kit as reasonably possible. Personal equipment including phones, cameras, music players and/or smart glasses must not be brought to Call Room. Any smart watches must be in time mode and not used for communication. Bags will be checked and any of the above items will be removed. Only sports top drinking bottles will be allowed in the Call Room.



Vests, competitor numbers and spikes will be checked in the call room, and leg numbers will be distributed there. Athletes must compete in the colours of the club under which they entered, or a current National vest. This includes 2026 Joma Scotland vests and 2026 SSAA vests. Unattached athletes should compete in a plain, unbranded vest or t-shirt, preferably plain white.

If an athlete is competing in a field and track event at the same time, it is extremely important that they notify Call Room officials when reporting in.

CALL ROOM REPORTING TIMES

Track - 15mins

Horizontal Jumps - 25mins

High Jump - 40mins

Pole Vault - 50mins

Throws - 25mins

(Please check final call schedule on the day for confirmed timings)

TRACK EVENTS

If heats are not required on the day, track finals will be run at HEAT time.

No personal starting blocks will be permitted at this event. Stadium blocks will be provided at the relevant start areas.

In all events, qualifying conditions for any subsequent rounds will be declared immediately prior to the start of the event. In the event of an athlete who qualified for a semi-final or final withdrawing, the next athlete who would have qualified will progress instead. No lane re-draws will take place. Start lists will be finalised 30mins before the event start time, with no further changes accepted after this time. It is the responsibility of athletes close to qualifying to check regularly for any updates to online start lists, ensuring that they are ready to compete should they gain a place.

FIELD EVENTS

Competitors may use their own equipment provided it is “checked in” at declarations 60 minutes prior to event time and is passed by the Technical Team. Athletes should note UKA rule TR32 S1: competitors may use any implements provided for general use. An athlete shall not use another’s implement without the owner’s prior permission.

All athletes in horizontal jumps and throws events will receive 3 trials, with the top 8 athletes in each field event in each age group receiving a further 3 trials. U14 and U16 Girls’ long jump events will take place in two pools due to entry numbers. All athletes will receive three trials, with the top 8 across both pools combined receiving a further three trials immediately after both pools have completed their third round.

Pole vault and high jump starting heights and available triple jump boards are published on the final timetable.



RULES

These Championships will be held under UKA Rules for Competition Incorporating World Athletics Rules effective from 1st April 2026. A copy is available for download here: [Competition Rules](#). World Para Athletics rules may also be used where appropriate.

Please inform the relevant Track or Field Referee if you are not fit to continue in an event for which you have declared. You shall be excluded from further participation in any other event if you declare your intention to compete in an event in which you do not subsequently participate without giving a valid reason to the Referee (UK Athletics Rule TR4.4.2). This rule applies to both track and field events.

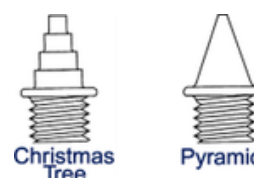
All athletes should be aware that the current UK rule TR16 will be in operation, i.e. no false start will be allowed without the liability of disqualification of any false starting athlete. TR16 S2 refers to U14 and U16 athletes who will receive a warning for one false start and disqualification for two.

Rule TR7 S2: Spitting (or similar) in warm up, call room, competition or any other public area may be regarded as acting in an unsporting or improper manner and treated as a conduct offence. This will be dealt with by a warning or disqualification. Athletes should be aware that different interpretations may apply from event to event. Warnings or disqualifications under this rule cannot be appealed as the Referee's decision is final (Rule TR8 S1(2)(iii)). See also Rule CR18.5

Rule TR5: All athletes of all ages must make themselves familiar with the recently amended World and UK Athletics rules around shoes available [here](#). It is the athlete's responsibility to ensure compliance with these rules. Visual checks will be made in the Call Room, with any suspect shoes reported to the Meeting Management Team for investigation.

Spikes: Christmas tree or pyramid spikes should be used. Under no circumstances will athletes be allowed to use needle spikes. Any athlete found to have needle spikes will be asked to remove them immediately.

Maximum spike length: 7mm, 9mm for high jump, 13mm for javelin



UKA Rule TR6: The competition area is defined as the area where the competition is being staged and which has access restricted to the competing athletes and on-duty officials. The Competition Area is made up of the whole of the in-field and all lanes of the track, extending to the barriers/walls surrounding the track. Parents/coaches/spectators must remain behind the barriers/walls at all times.

UK Anti-Doping may be present at this event.