



## Athletes'/Team Managers 'Information

Event: **scottishathletics SUPERteams Regional Heat**  
When: **Sunday 23rd April 2023**  
Where: **Riverside Sports Arena, University Avenue, Ayr, KA8 0SZ**

Thank you for your/your club's entry into this event. All the information you need to prepare for the day can be found below.

### Arrival and Parking

There are 120 free car parking spaces available at Riverside. If there are no spaces left, there will be overspill parking available at Ayr Academy and/or University of West of Scotland which are both located right next to the venue. Please do not park on University Avenue outside the facility as the area can become very congested.

**Opening Hours:** Athletes and spectators should arrive from 09:00am for the first events to start at 10:00am

**Declarations:** Open from 08:45am until 09:30am

### Timetable

Time	Long Jump 1 (near car park)	Long Jump 2 (near Grandstand)	Turbo Javelin 1 (near car park)	Turbo Javelin 2 (near Throws Cage)	75m	75m
10:00	Group 1	Group 2	Group 3	Group 4	Group 5	Group 6
10:45	Group 5	Group 6	Group 7	Group 8	Group 1	Group 2
11:30	Group 3	Group 4	Group 1	Group 2	Group 7	Group 8
<b>Break</b>						
12:45	Group 7	Group 8	Group 5	Group 6	Group 3	Group 4
13:30	Fun Relays and Results					



On arrival, athletes should confirm their attendance and collect their number from the declarations desk. This will be located inside the indoor sprints and jumps hall. **Please take note of your pool/group number when you collect your athlete number.** All athletes must declare at least **30 minutes** prior to the start of their first event.

Bib numbers must be securely pinned to the front and back of the top the athlete will compete in (e.g. club vest or t-shirt) and must not be folded or altered in any way.

### Event Assembly

Assembly for both track and field events will be inside the indoor sprints hall. Please report to the assembly area 10 minutes before the scheduled event start time.

Athletes should report to the assembly areas prepared to compete, with numbers securely fastened to their club vest and visible to officials. Spikes, if worn, should be checked, and tightened before reporting, and no additional kit or bottles should be brought into the assembly areas. Care should be taken if crossing the track to report to events.

TEAM MANAGERS/CHAPERONES MUST ENSURE THAT ATHLETES ARE WEARING THE SAME BIB NUMBER AS RECORDED ON THE DECLARATIONS SHEET.

### General Information

- Athletes will be able to warmup inside the indoor hall.
- The athlete assembly area will be inside the indoor hall. There will be a volunteer there to help organise groups whilst they wait to be collected.
- Personal equipment, including phones and music players **MUST NOT** be brought into the competition area.
- Balls, including footballs, rugby balls or howlers/NERF Balls, are not permitted within the venue.
- Spike Length: spike length must not exceed 6mm.
- 07738004993 is available to athletes, coaches, team managers, officials, or spectators for on the day enquiries, if required. If unanswered, a message should be left detailing name, issue and return contact telephone/mobile number.



## **Long Jump**

- Take off will be from a 1m x 1m square from the edge of the pit – no takeoff board.
- All competitors will be given one warm up and three trials in competition.
- Athletes will NOT be allowed to use tic-tac method or run back from board to set check mark. A tape will be attached to the edge of the runway. In addition, cones will be placed at 10m, 12m and 15m. A MAXIMUM distance of 15m will be allowed for run ups in SUPERteams. Athletes may not 'walk in' to the 15m limit.
- All valid jumps will be measured.
- Athlete's best individual effort will count towards SUPERteams score – if an athlete produces three fouls then third attempt will be measured from where they take off, minus 10cms.

## **Turbo Javelin (500g)**

- All competitors will be given one warm up and three trials in competition.
- All valid throws will be measured. Throws will be taken from a scratch line at the edge of the grass and not from a runway.
- A maximum 10m run up will be permitted.