

Athlete Competition Guidelines OARC Open Graded Competitions

Our Graded Open Competitions are intended to provide a quality competition opportunity to athletes in all age groups. It isn't a Championship Event so there will be no medals. Races will be seeded so that athletes get the best competition possible this may mean they run/jump/throw in mixed age groups of similar ability athletes.

Spectators are most welcome. Please remember that all spectators, coaches & non competing athletes must stay on the outside edges of the track at all times.

Athlete Registration/Declaration from 10am in the 'crush area' at Picky (where athletes meet on club nights); once the track events commence at 11am declarations will move to the results OARC tent at the finish line. It will be open throughout the competition, please arrive at least 30mins before your first event. Please then report to your event 'ready to compete' remembering we have no indoor facilities so take a bag to keep all clothes taken off to go in & keep dry. **Athletes must declare ALL events they intend to participate in and ensure their name is ticked on the entry list for all their events at declaration.**

- Numbers with pins will be collected at declaration & be worn front & back. Hip numbers for events over 400m will be given out by the starters assistant. Numbers must not be folded or concealed in any way.

Timetable: A finalised timetable will be on our website & on social media once entry closes. Please note that timings of events can change slightly on the day due to athlete numbers/weather. If once registered you leave the Pickaquooy centre to return later in the day please ensure you let the declaration tent know and/or the lead official of that event. Please return 30 minutes at least before your event.

Toilets: For athletes, officials & spectators toilets can be accessed in Picky.

During Competition

If an athlete is in a field and track event at the same time, it is extremely important that they notify the DECLARATIONS TEAM when registering AND THEN LISTEN CAREFULLY DURING THE DAY FOR ANNOUNCEMENTS. Track Events always take priority over Field Events.

- There are no designated warm up areas. Athletes should take care when warming up on the track and be aware of other events on the track & infield.
- There is no formal Call Room/Assembly area but Athletes will be expected to report to all events ready to compete 10 minutes before the scheduled start time or as soon as any previous event has concluded.
- Water bottles and any other personal items brought into the competition area will be kept with each athlete.
- As always, no coaches, parents or spectators are permitted on the inside of the track. Only competing athletes and officials are permitted access onto the infield.
- Personal equipment, including mobile phones, music players and smart watches should not be used during an event but permissible in warm up.
- Competitor numbers and spikes will be checked at the beginning of all events. Leg numbers will be distributed at the start, if required.

Withdrawals: Please inform the declarations team if you are not fit to continue in an event for which you have declared.

Results : Photo Finish timing will be used. Draft Results will be printed & pinned to windows in crush area & ratified Final results posted on Open Track as quickly as possible following the conclusion of the event.

Rules Our T & F competitions will be held under UKA Rules for Competition Incorporating IAAF Rules effective from 1st April 2022. A copy is available from the British Athletics website: [Competition Rules](#).

Spikes: Christmas tree or pyramid spikes should be used. Maximum spike length: 7mm & 9mm for high jump.

Track Events

Athletes will be **seeded** as per Seasons Best/Personal Best times as stated on entry form. Starting blocks will be provided at the relevant start areas.

Field Events

All Competitors in Under 11 & under 13 groups in Throws and Long jump events **will be allowed four trials.**

Competitors in Under 15, 17, 20 & seniors will be **offered three trials & the top 6 athletes given a further 3 trials (6 trials in total)**. However please note the Field Referee has the authority to reduce trial numbers if athlete numbers & time restrictions dictate this.

High jump starting heights will be discussed with the chief official. All heights will progress in 5cm increments until the number of remaining athletes dictates otherwise, when three athletes are left the bar will be raised in 3cm increments until one athlete left. Please bring own tape for marking.

No one should attend this competition if they have COVID-19 symptoms or are feeling unwell

Finally & most importantly enjoy the competition!

Event Organiser : Susan Rendall; 07796858569; blinkbonny73@gmail.com

Meet Manager & Track Referee: Aly MacPhail Tel no. 07769680674; alymacphail123@gmail.com

Field Referee: Scott Milne