



Competition Guidelines for Athletes, Chaperones and Officials



Follow physical distancing
at all times



Follow public health guidance



Follow facility guidance



Follow jumps guidance
at all times



Follow the group size guidance
laid out by **scottishathletics**



Follow equipment hygiene
and cleaning guidance



Pitreavie SUPERteams & Open Sunday 20th September 2020

Welcome

Welcome to our first outdoor competition of 2020. Please ensure you have read all guidance prior to arriving on the 20th September at Pitreavie. **Note** if you have entered and are unable to complete, please email eventsaac@gmail.com prior to Sunday's competition.

Before you Compete

In this phase you must stay at home if you:

- Have been in contact with someone with COVID-19 in the last 14 days.
- Have been overseas to a country on the quarantine list or exposed to someone with COVID-19 in the last 14 days.
- Have COVID-19 symptoms (self-isolate for 10 days) or are feeling unwell.
- Have been told to self-isolate as part of the contact tracing measures in place.

Note: Complete the Symptoms Checker form that you complete on a training night.

Physical Distancing & Good Hygiene Behaviours

- Follow Scottish Government advice on physical distancing at all times.
- Do not share food, towels, and drinks.
- Clean your hands and equipment frequently.
- Cover your coughs and sneezes and dispose of any used tissues in your own bag and take them home with you. Wash your hands for 20 seconds or sanitise afterwards.
- Avoid spitting unless into a tissue which you should take home and dispose of.
- Avoid touching your face.

Note – Any athlete spitting within the arena will be issued with a conduct warning.



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U11/U13s SUPERteams

WHAT TO BRING

- Clothing suitable for the weather (note it can be cold in the stand and the weather can change over the day, so come prepared)
- Competition vest (white/navy/gold)
- Spikes if wearing
- A large filled water bottle
- Lunch and snacks
- Safety pins (these are good to keep in their bag at all times in a wee box or tin)
- A football or basketball (if you do not have one of these then it will be provided)

ARRIVAL

TIME TO ARRIVE	BUBBLE	ATHLETES
9:45am	SUPERteams 1	Age 8,9,10 girls
9:45am	SUPERteams 2	Age 11,12 girls
10am	SUPERteams 3	Age 8,9 boys
10am	SUPERteams 4	Age 10, 11, 12 boys

- Chaperones please wear a mask at all times
- One chaperone plus athlete, please head straight in through the large gates to the stand where you will be greeted. The athlete will be seated in their “competition bubble” and remain there for the duration of the competition (there will be a helper responsible for looking after them). Chaperone will be seated in a separate area in the stand and will not be able to physically interact with their child during the competition.
- Chaperones – please only sit on seats marked with a green sticker.
- Chaperones who also have an U18 doing the open event –
 - In this scenario please keep the older athlete in the stand with you until it is their time to declare.
 - Whilst in the stand they must wear a mask.
 - They CANNOT move around the arena until it is their dedicated declaration and warm-up time.



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- Once declared, they CANNOT return to the stand until they after their race.
- Once they have finished their race, they must immediately vacate arena to cool down, then return to their seat in the stand.
- Athletes will be given their number in the stand to fix to the front of their vest. They can get assistance from their fellow bubble athletes to put this on.

TOILETS

- SUPERteams toilet is a unisex toilet at the East end of the stand (near where they are sitting). It will be single access, so one at a time allowed in.
- Chaperone toilets are situated in the Pitreavie Clubhouse (male and female). To exit, leave by the stairs to the west of the stand (the normal stairs to enter) and to enter, please come back in by the large gates. These are single use toilets, please do not queue inside the building.

COMPETITION

75m

- Started by a gun and an official time for rankings.
- Hand timing will be used.
- Athletes will sanitise their hands before and after the race.
- Up to six athletes per race.

LONG JUMP

- Runs ups will be marked at 10m, 12m, 15m from the take -off board and athletes chose where to start.
- All valid long jumps are measured from the edge of the take-off board to the athlete's mark in the sand closest to the take-off. The athlete's furthest jump from four attempts will be their scoring performance.
- If an athlete produces three fouls, the fourth attempt will be measured from where they take off.
- Athletes will sanitise their hands after each jump.

OVERHEAD THROW

- Athletes will stand with their back to the sector and throw the ball overhead
- Athletes will be asked to retrieve their own ball



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- Each athlete will be given four throws, with their furthest attempt recorded as their scoring performance
- If sharing a ball, athletes will sanitise their hands after each throw.

800m

- Started by a gun and an official time for rankings.
- Hand timing will be used.
- Up to nine athletes per race.
- This event may feel a little daunting and a long way for small legs, but not to worry over it!

EXIT

Chaperones please remain seated in the stand. Athletes will be brought onto the track in their bubble. When your child is at the front of the line, please vacate the stand and exit with your child via the East of the stand (the way we leave during training)



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KEY	DESCRIPTION
A	Chaperone seating
B	Athlete seating
C	Athlete toilet
D	Chaperone toilet



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OPEN TRACK EVENT

DECLARATION

- Please declare at the main gates, 45min before your race.
- Wear a mask for declaration and ensure social distancing is maintained if queuing.
- You will receive your number (the person handing these out will use hand sanitiser to ensure no contamination).
- Please bring your own safety pins as these will not be provided.

WARM-UP

- Athletes will be allowed access to the track and grass-infield for warm-up once declared. Alternatively, you can warm up on the grass to the rear of the arena.
- Coaches who have registered online will be allowed access, however must wear a mask at all times.
- Social distancing must always be maintained between athletes in different events.
Social distancing must always be maintained by coaches.
- Please leave any baggage at the drop-off zone (the grass in front of the clubhouse)

RACE

- Head to the assembly point for your race 5min before race time.
- Up to six athletes per race (mile race up to 10).
- Starting blocks will be available. Athletes must hand sanitise prior to touching the blocks.
- Athletes must hand sanitise before and after the race.
- Hand timing will be used.
- Coaches must keep to the concrete perimeter of the track during races.



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EXIT

- Please collect your baggage immediately after your race, walk anti-clockwise around the perimeter of the track and exit via the East end. Cool-down must be completed outside of the stadium.

CHAPERONES (U18s)

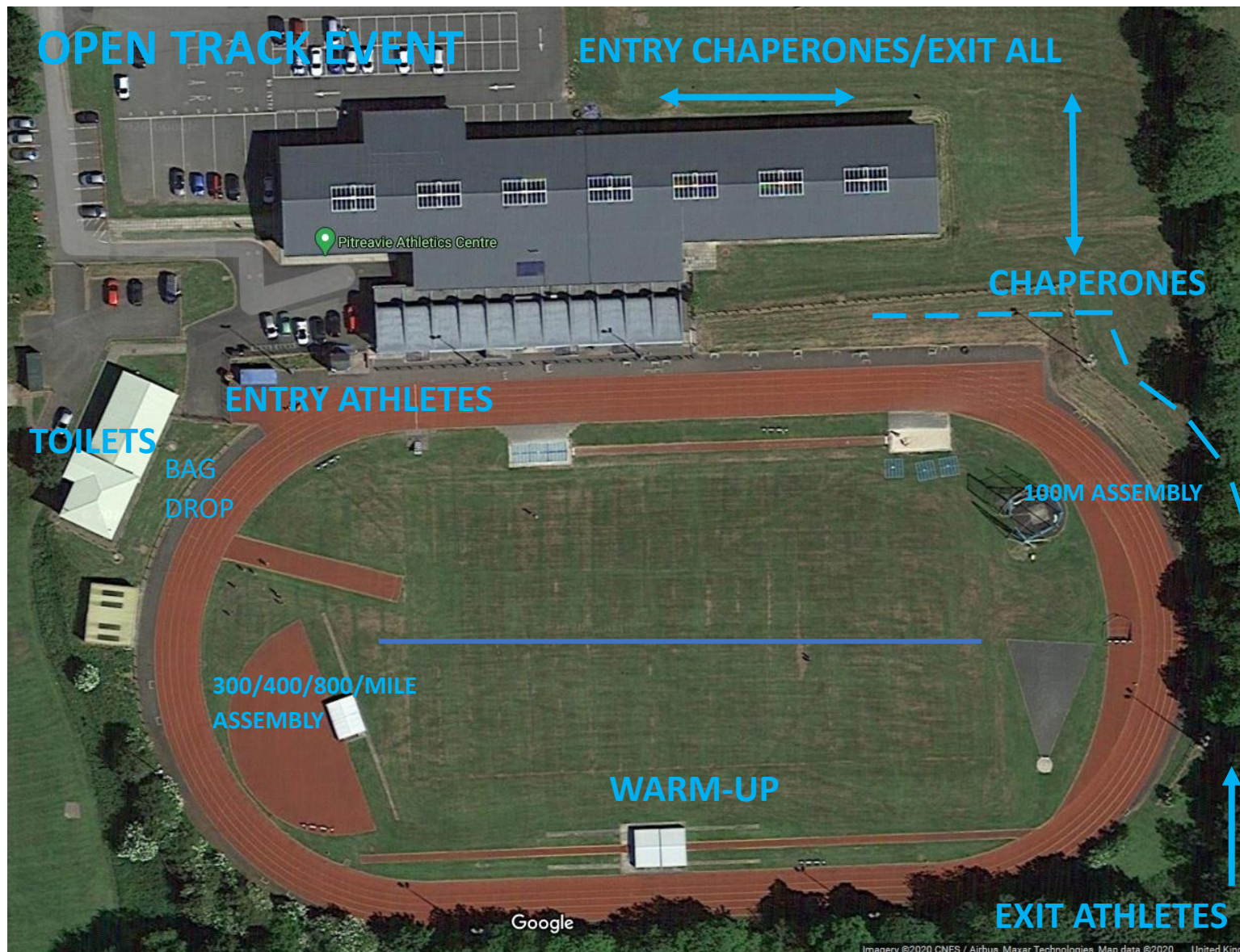
- Chaperones are not allowed inside the stadium or stand, however you can watch from the barriers on the East of the stadium.
- Please wear a mask and maintain social distancing at all times.

TOILETS

- Toilets are situated in the Pitreavie Clubhouse (male and female). To exit, leave by the stairs to the west of the stand (the normal stairs to enter) and to enter, please come back in by the large gates. These are single use toilets, please do not queue inside the building.



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OFFICIALS/VOLUNTEERS

- Masks must be worn at all times
- Please enter via the large gates and register your arrival at the portacabin.
- Toilet is a single access unisex toilet (exclusive to officials/volunteers) at the entrance to the indoor facility. Use the main stairs to exit the stadium and the large gates to re-enter.
- Hot refreshments (tea/coffee) will be “on-demand” and orders taken during breaks and brought to you.
- Traveling officials – lunch will be provided (individual lunch bags). Please email eventsaac@gmail.com any special requirements or if you do not wish lunch.
- No sharing of equipment
- Please hand sanitise regularly

MEETING MANAGER	Nicola Moriarty
START TEAM	Kevin Rose Sophie Allan Caitlyn Watt Francis Smith
TIMEKEEPING	Chief – Frank Coyle Morna Fleming Kenny Duncan Bill Gault
TRACK	Ref – Andy Law Margaret Baird Lorna Rodgers David Rodgers David Rose Donald Nethery (v)
FIELD	Note - Norma responsible for all sanitising procedures with the long jump)



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	<p>Long Jump Pit 1 Norma Bruce Adele Seath (v) Colin Cameron(v) Robbie Lees (v) Katie Roberts (v)</p> <p>Long Jump Pit 2 Carol Rose Rebekkah Rose James Rodgers (v) Natalie Williams (v) Sheena Mitchel (v)</p> <p>Overhead Throw 2 – shot putt area Louisa Nethery (v) Billy Webster (v) Kate Blake (v)</p> <p>Overhead Throw 1 – javelin area Morag Johnston (v) Ceri Pullen (v) Yvonne Pearson (v)</p>
RESULTS	Jerry Moriarty (v) Claire Macfarlane (v)
DECLARATIONS	Shirley Gordon (v) 10-11am Alan Knowles (v) 10-11am Caroline Bailey (v) 11-12pm
ASSEMBLY AREA	Pamela Robson (v)
REFRESHMENTS	Morag Johnston (v), Kathryn Gourley (v)

(v) - volunteer

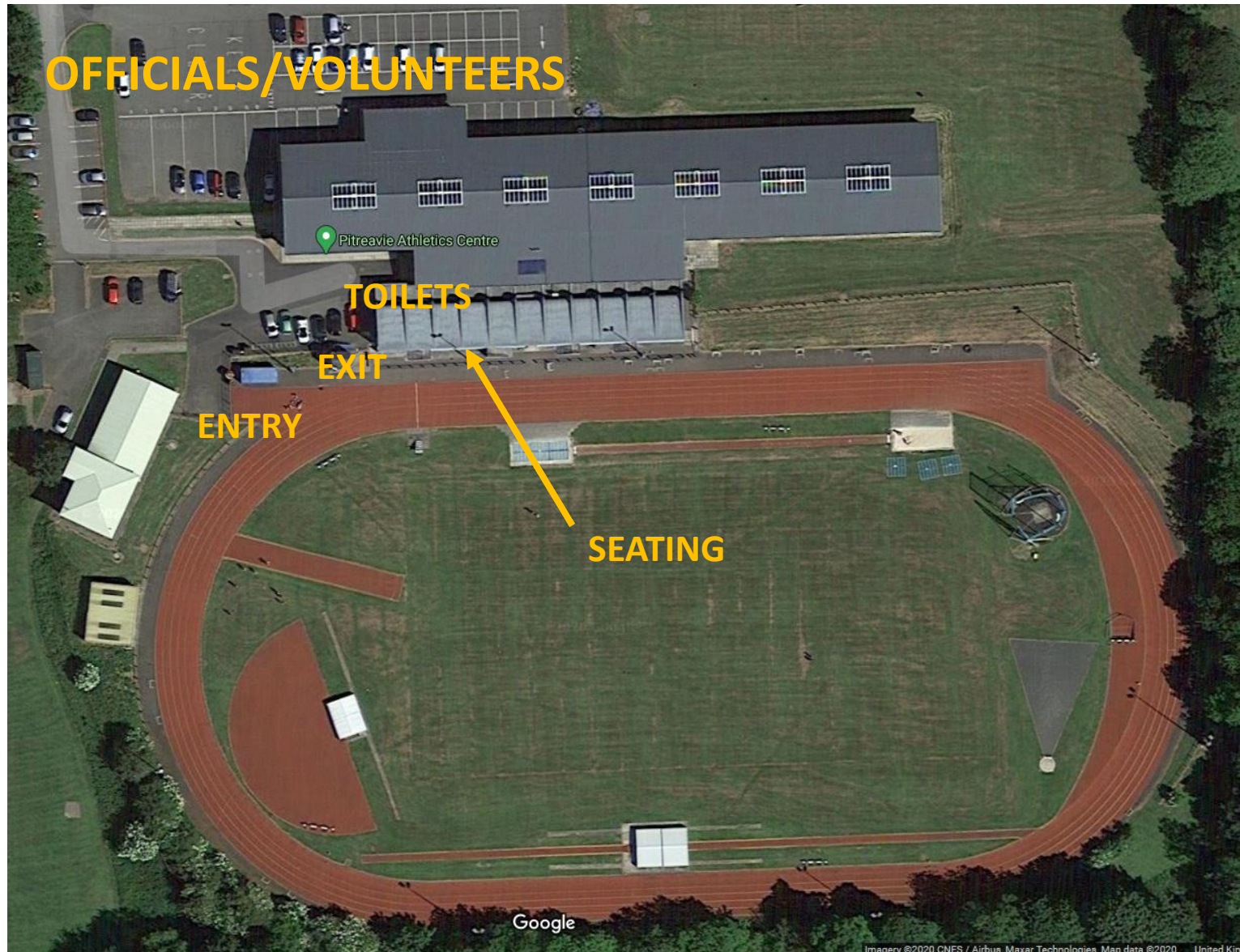


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TIMETABLE

TRACK

Declaration	Time	Event		
N/A	10:30	75m	SUPERteams 1	2 heats
N/A		75m	SUPERteams 2	2 heats
N/A	10:45	75m	SUPERteams 3	2 heats
N/A		75m	SUPERteams 4	2 heats
10:00-10:15	11:00	100m	Mixed	4 heats
10:30-10:45	11:30	1 Mile	Mixed	1 heat
N/A		BREAK		
11:10-11:25	12:10	300m	Mixed	1 heat
11:20-11:35	12:20	400m	Mixed	1 heat
11:30-11:45	12:30	800m	Mixed	1 heat
N/A	12:50	800m	SUPERteams	6 heats

SUPERteams FIELD (not for rankings)

Time	Event	Bubble	Location
11:00	Long jump	SUPERteams 1	PIT 1
11:15	Overhead Throw	SUPERteams 3	SHOT PUTT CIRCLE
11:00	Long jump	SUPERteams 2	PIT 2
11:15	Overhead Throw	SUPERteams 4	JAVELIN
	PITS SANITISED	BREAK	
12:15	Long jump	SUPERteams 3	PIT 1
12:15	Overhead Throw	SUPERteams 1	SHOT PUTT CIRCLE
12:15	Long jump	SUPERteams 4	PIT 2
12:15	Overhead Throw	SUPERteams 2	JAVELIN