

Please see information below about competing at competitions and in leagues

The various league competitions season is almost upon us and Team Managers are busy gathering the various pieces of information that they need to assemble squads ... not an easy task.

Here at ADAC we try and include as many athletes as we can and also give athletes a wealth of experience of the various athletics events available at competitions. Personal bests are taken into consideration, as are age and stage of development, skill level, level of confidence, history of injury and athletics experience amongst others, to make squads as strong as possible.

Athletes need to have up to date membership of the club (adacmember@gmail.com) and Scottish Athletics (<https://www.scottishathletics.org.uk/membership/>) if they want to be included in one of our squads. If the athlete is under 12, they will have to be accompanied by an adult, parent/guardian or an adult who has parental permission to accompany the athlete.

If an athlete is suddenly unable to compete please let your Team Manager know ASAP.

We encourage athletes to journey to the venue on the coach that the club provides so that Team Managers can discuss with the squads the arrangements and any changes to the days schedule. The cost for travelling on the buses is still being worked out and will be communicated to athletes prior to the event. Please arrive promptly. If you are travelling separately, inform your Team Manager. Parents and supporters are welcome, but should check that a seat is available on the coach.

When athletes arrive at the venue they should obtain their allotted number and pin it onto their club vest. Vests can be hired for the day or purchased from the club, as can the latest club hoodie and t-shirt (see your coach or Team Manager). Athletes are recommended to warm up at least 30 minutes before their event and arrive at a field event site 15 minutes before the start to mark out run ups and practice, etc. Track events take precedent over field events. Athletes who have track and field events running simultaneously should inform the field event officials of this and if possible have any practices or run ups organised before heading to the track.

There may be several heats to a track event, therefore an athlete might get a round or two of jumps/throws before they are required to be in place on the track. Normally there will be three rounds of throws or jumps and an athlete should try to get back on field as quickly as possible. Let an official know when required to leave or return to an event, and always thank the field officials, congratulate fellow athletes and shake their hand. When field officials have finished marking up the event card they may divulge results if asked politely.

Athletes should always let the Team Manager know where they are, and never wander off when an event is imminent.

Things to remember:-

- Cosy /waterproof spare clothing.
- Packed lunch.
- Water bottle and drinks
- Pins.
- Club vest.
- Spikes.
- Money for bus.
- Parent, if under 12.

Have fun, give it your best, and good luck to all athletes.