Lothian Together Apart Track Event

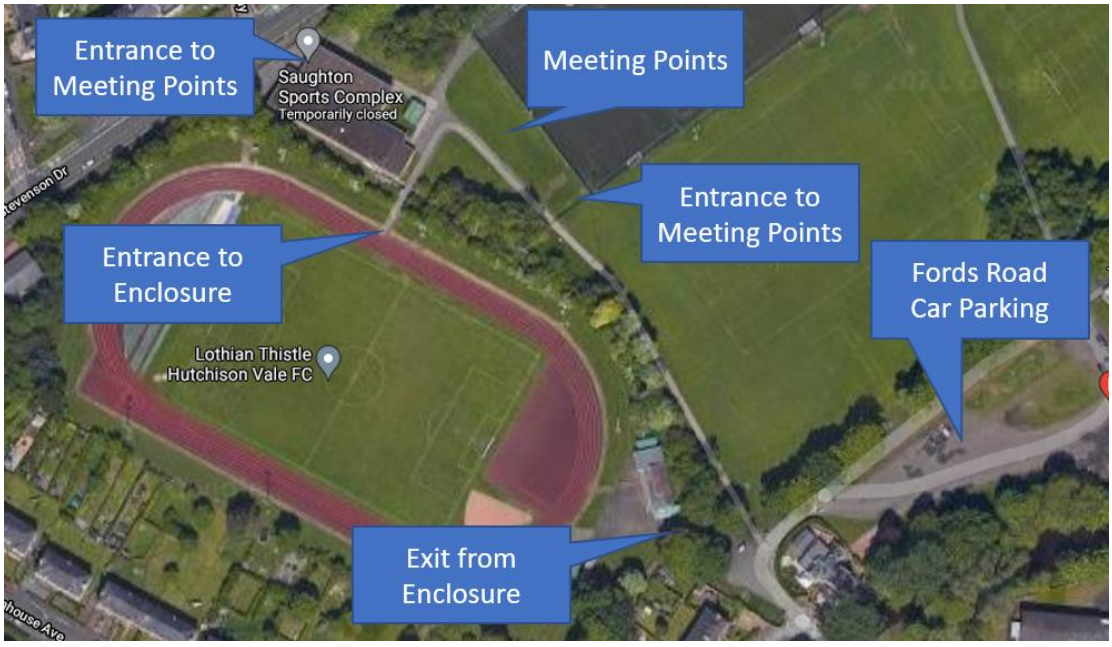
Saughton Enclosure

Stevenson Dr, Edinburgh, EH11 3HB

Saturday 1st May 2021

Arrival

- There is a car park attached to Saughton Park on Fords Road. This can get very busy.
- Alternatively there is on-street parking on and around Stevenson Drive – please be considerate to residents.
- Every athlete will be assigned to one pool/bubble. This will include athletes from other clubs and these are the athletes they will race against. Athletes will not change bubbles. Details of the bubbles are at the end of this document.
- Athletes do not have to socially distance once in that bubble, however they must NOT mix with other bubbles.
- Each bubble will be chaperoned to ensure the athletes both stick to the guidelines and they make it to the start line for their events.
- Please arrive 30mins before your first event and meet at the meeting point for your bubble/pool.
- Parents of U12s should ensure the chaperones are there and ready to receive the athletes.
- The meeting points will be next to the astroturf football pitches (see attached map). From here you will be escorted into the enclosure by the chaperones.
- Once all of your events are finished, please leave the enclosure and don't hang around to watch other events, unless you are with siblings. You should exit via the large gates near the finish-line end of the track.



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Approximate Timetable

The timetable is as follows:

- 10.30-11.15 – U11 75m and U13 100m
- 11.15-11.30 – U11 600m
- 11.30-12.30 – U13/15/17/20 1500m
- 12.30-13.15 – u15/17/20 100m Round 1
- 13.15-13.45 – u15/17/20 100m Round 2

Spectators

- Only 1 spectator per Under18 athlete allowed
- Do not enter the track area - please stay behind the barrier to watch.
- One adult/parent can come into the enclosure to collect the athletes once their events are over.
- Please socially distance at all times from other spectators, other athletes and all coaches and officials

Other info

- U15/17/20 Will get 2 100m races – the second race will be seeded based on times from 1st race.
- Club competition colours are preferred.
- PLEASE ensure you go to the toilet before arrival. There is only one toilet available, with a strict one-in, one-out policy.
- Club Members only - sorry, no guest athletes this year.
- Starting Blocks
  - U11 & U13 - No start blocks allowed
  - **Personal Blocks** - Athlete will sanitise their hands before entering track, set blocks and race. A member of the start team will then sanitise their hands and remove them to a collection point. Athlete to sanitise their hands before collection.
  - **Facility Blocks** - These will be sanitised before/after each session. The athlete should sanitise their hands before collecting them, set blocks and race. The next athlete in that lane should then sanitise their hands before removal or resetting.

We hope that the measures we have put in place will keep us all safe and healthy and able to enjoy our sport. Have a great race!!!!

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Covid Guidelines

- Please read the Scottish Athletics guidelines here: Guidelines for general guidance
- Please check your contact details are correctly stored in your club's membership database. These details may be used for track & trace purposes.
- You should not attend this event if:
    - You have Covid-19 symptoms.
    - Someone in your household has Covid-19 symptoms.
    - You have been asked to self-isolate at home by the Scottish Government Test and Protect system.
    - You have returned from an overseas trip within the last 10 days.
- PLEASE ensure you go to the toilet before arrival at training. There is only one toilet available, with a strict one-in, one-out policy. There is only one entry and exit point to the track, so going to the toilet will be disruptive.
- Hand hygiene measures should be taken prior to arrival and hand sanitiser carried by all - coaches have spare should it be needed.
- Please refrain from spitting.
- Please do not shake hands or high-5 other competitors after the race.
- Please label water bottles, especially club branded ones, so that you don't inadvertently drink from the wrong bottle.
- Parents of U12s should ensure the chaperone is there to meet the kids. The coach will bring them back to the same point at the end of the session. We will not let U12s cross the field to the car park unaccompanied.
- Parents should not be late, but also arrive no more than 5 minutes before pick up time.
- These guidelines apply whether you have been vaccinated or not.

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Bubbles/Pools

Pool A – Under 9 & 11 Girls & Boys. Chaperones Stephen Buchan & Lorraine Boyd
Meet at 9.45 at Meeting Point 1

Pretorius	Charlie
McGuire	Emily
Hardie	Rebecca
Buchan	Maya
Barton	Leila
Ross	Sophie
Lasure	Shariva
McClean	Emma
Macdonald	Anya
Dill	Hannah
Hills	Lois
Roberts	Hamish
Clarke	Rory
McFarlane	Magnus
McLean	Alasdair
Fourie	Daniel
Mcleod	Keir
Louca	Zac
McKirdy	James
Howl	Harry
Bullock	Rohan
Clayden	Sam
Lee	Josh
Wands	Gregor
Wilkie	Sam
Mcinally	Teo
Marr	Ruairi
Wilson	Alexander
Currie	Fred

Pool B – Under 13 Girls. Chaperones Joe Melton & Ruth Wilson
Meet at 10.00 at Meeting Point 1

Fourie	Kari
Belsey	Sophia
McLean	Emily
Muyo de Bonrostro	Julia
Taylor	Rosie
Laird	Erin
Wright	Cerys
Melton	Carys
Earl	Francesca
Givan	Charlotte
Wilson	Caris
Paul	Emilie
Reed	Holly
Bruce	Georgia
Stewart	Eilidh
Corrie	Nancy
Waterston-Law	Alexandra
Key	Daisy
Wallace	AimÃ©e
Muir	Olivia
Shanks	Lucy
Aremu	Kishi
Marshall	Olivia
Buchan	Leah

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Pool C – Under 13 Boys. Chaperones David Alexander & Allan Hardie
Meet at 10.00 at Meeting Point 2

Webster	James
Morrison	Lorcan
Finlayson	Rory
Farrell	Daniel
Chmielowski	Tymek
Marshall	Jacob
Paterson	Ben
Rosbottom	Blair
Key	Jenson
Whalen	Finlay
MacPherson	Alasdair
Louca	Evan
Catton	Charlie
Buchan	Zach
Ross	Donald
Rickis	Max
Murray	Lewis
Shanks	Caelan
Fleming	Jonty
O'Herlihy	Euan
Stewart	Malcolm
Sosenko	Alfi
Allison	Howie
Baynes	Bailey
Wilkie	Ralph
Liddell	Joshua
Roberts	Fergus
McIntyre	Daniel
Columbine-Green	Alex
Snitjer	Aaron

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Pool D – Under 15 Girls. Chaperone Alison Broadhurst
Meet at 10.45 at Meeting Point 1

Brechin	Lara
Mourao	Alice
Evong	Enam
Snowden	Alannah
Marshall	Skye
Reivytis	Meda
Hinchcliffe	Hope
Leccia	Amy
Magee	Layla
Jones	Ella
Lawson	Grace
Zisman	Rosie
Taylor	Esther
Sokoluk	Mia
Cameron	Eva
Forrester	Megan
Robbins	Olivia
Walls	Ella

Pool E – Under 15 Boys. Chaperone Doug Butler
Meet at 10.45 at Meeting Point 2

Ross	Fergus
Beresford-Jones	Oliver
Fraser	Cole
Key	Lucas
McDonald	Ben
Pugh	Charlie
Thiagu Ramanathan	Sriram
Holden	Matthew
Loa	Robert
Harrison	Lewis
McGuire	Dan
Wotherspoon	James
Cunningham	Finlay
Butler	Moray
Nesbitt	Jack
Alexander	Dair
Weir	Cameron
Hardie	Kieran
Bagnall	Alasdair

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Rose	Caelan
Stevenson	Isaac
Wright	Innes
Marshall	John

Pool F – Under 17/20 Girls. Chaperone TBC
Meet at 11.00 at Meeting Point 1

Smith	Carly
Widdowson	Sophie
Clarke	Olivia
Heeps	Jessica
Nicholson	Ella
Gotts	Emily
Bullen	Jessica
McDonald	Lucy
Crawford	Amy
Alexander	Katie
Davie	Anna
McDonald	Katie
Key	Robyn
Campbell	Beth
Nanor	Rachael
Bowie	Kirsten
Evans	Shannon
Henry	Flora
Johnson	Emma
Ledingham	Georgia

Pool G – Under 17/20 Boys. Chaperone Nicola McGuire
Meet at 11.00 at Meeting Point 2

Crawford	Bailey
Stewart	Finlay
Wallace	Alasdair
Ross	Finlay
Nyabadza	Tendai
Gadalla	Hazem
Gladwin	Callum
Lorimer	Ethan
Wetton	Adam
Snitjer	Ryan
Johnston	Theo
Irwin	Archie
Williams	Ruairidh
Beagley	Logan
Wright	Angus
Grierson	Euan
Ross	Rhys
Dowie	Nathan
McGill	Andrew
Phillips Smith	Theo
Ridgway	Calum
Hoole	Adam
Gardiner	Ritchie

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