



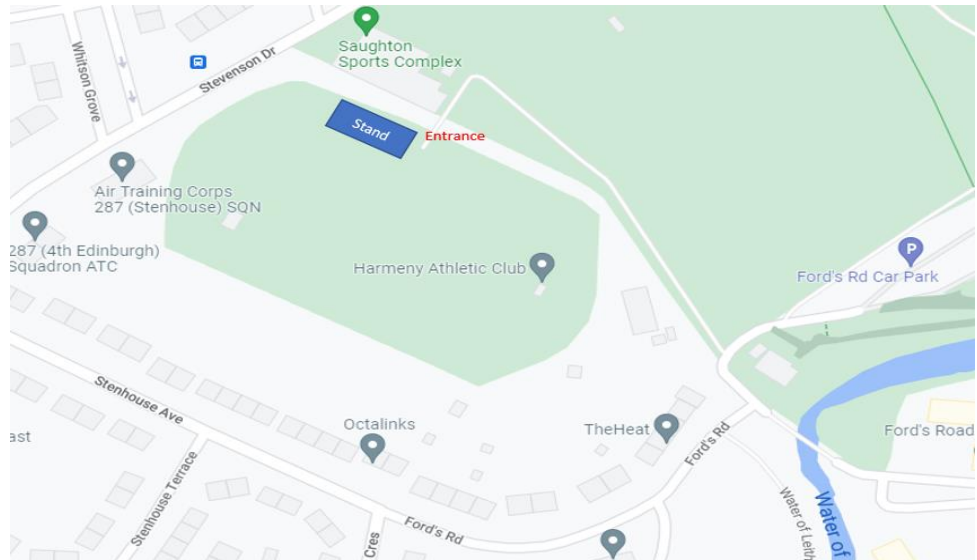
Harmeny
Athletic Club



3k Time Trial Saughton Enclosure Friday 19th August 2022

Arrival

- Please turn up at least 30mins before your event. This is to pick up your number at the stand near the entrance to the track. Use the available safety pins to attach the number to the front AND BACK of your shirt.
- 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.
- There will be 4 races and start sheets will be posted at www.harmenyac.org on the night before the race.
- This is an EVENT, not a coached session – the coaches, officials and chaperones are there to guide and help the kids, not to babysit them. The athletes remain their parent's responsibility, including getting them to their events on time.
- Parents must stay behind the barriers around the track to spectate.
- There are toilets in the sports centre.



Timetable

- 7.50pm - Race 1 (Target times approx. 11mins+)
- 8.10pm - Race 2 (Target times approx. 10:30-11:00mins)
- 8.25pm – Race 3 (Target times approx. 9:50-10:25mins)
- 8.40pm – Race 4 (Target times approx.. 9:00-9:45mins)