

INFORMATION FOR ATHLETES
4J Studios scottishathletics Indoor National Open
Saturday 8th January 2022
Emirates Arena, London Road, Glasgow, G40 3HG

We hope all our members and their families enjoy the festive season, and we look forward to welcoming you to the Emirates Arena for the 4J Studios scottishathletics Indoor Open in the new year. We wish you an enjoyable and rewarding competition.

All relevant information can be downloaded from the Fixture Page on the **scottishathletics** website:
[4J Studios scottishathletics Indoor Open](#)

5 Steps to Competing

1. **Pre-event** – check the start list for your band, event time and your arrival time.
2. **Declare** – opens 80 minutes before and closes 60 minutes before your event. **Don't be late!**
3. **Warm up** – access to the warm up area will be permitted according to the published schedule
4. **Report to Assembly** – report to assembly according to the assembly schedule. **Do not take any unnecessary belongings with you – use the kit drop area.**
5. **Compete!**

Please remember that spectator numbers are limited in line with COVID-19 requirements. Once you have finished competing, please leave the venue as soon as practical.

COVID-19 Information

Due to the ongoing COVID-19 pandemic there are a number of changes to procedures and protocols for all attendees at these events. These changes are for everyone's safety, and all attendees must take responsibility for their own hygiene and safe conduct before, during and after the event. **scottishathletics'** COVID-19 protocols will be in place for this event, including the wearing of appropriate face coverings, hand sanitiser stations and physical distancing. For further details please [click here](#).

Although physical distancing is no longer required within a COVID-secure environment, **scottishathletics** recommends that athletes and spectators should remain 1m apart when possible. Face coverings are mandatory indoors in Scotland and must be worn in all public places at all times (unless exempt). Athletes may remove their face covering whilst warming up and competing but must wear it in all public areas.

scottishathletics is supporting NHS Scotland's Test & Protect programme. Contact details for this scheme have been collected at the time of entry. Details shared will be your name and contact number, should they be required.

Attending the Event

Admission

Entry to the stadium will be on Level 3. There will be no admittance through the main reception area. A warm up area schedule will be published on the **scottishathletics** website in advance of the event date for athletes to identify when to arrive. You must not arrive too early to ensure that numbers within the venue can be controlled: declarations will open 80 minutes before each band's scheduled start time and close 60 minutes before.

Car Parking

We anticipate a large number of cars to arrive at the venue, so please ensure you arrive in plenty of time to park before you need to declare for your event(s). All drivers must be considerate to local residents and venue users and park responsibly.

Withdrawals and Seeding Performances

If, for any reason, you are no longer able to attend this event, please contact the Events Team (events@scottishathletics.org.uk) as soon as possible.

The **scottishathletics** offices will be closed from 17th December until 5th January. Any changes or updates to PB performances will be made from 5th January. Final entry lists will be published on Thursday 6th January.

Athletes will be seeded as per seasons best/personal best times as stated at time of entry. Any updates should be reported **by 12 noon on Thursday 6th January 2022** and must be verified at www.thepowerof10.info

Final entry lists with final bands will be published on Thursday 6th January. All athletes must check their arrival and declarations times against these final lists in case of any changes. There will be no further changes to pools after 5pm on Thursday 6th January.

Declarations

Athletes must declare at the declarations desks on level 3. Face coverings must be worn in this area. Spectators and coaches should not accompany the athlete to declarations.

Declarations Opening Hours: 0830 - 1500hrs

Declarations close 60mins prior to event start time

Athletes must declare separately for each event they will participate in and ensure their name is circled on the entry list for **each** of their events. Athletes registering after an event has closed will not be allowed to compete. Please inform the Referee if you become unfit to continue in an event for which you have declared. Numbers, when worn, must not be folded, mutilated or concealed in any way.

Event Help Line

Mobile No. **07718526373** is available to athletes, coaches, officials or spectators for on the day enquiries, if required. If unanswered, a message should be left detailing name, issue and return contact telephone number. If any athlete is running late for declarations, they should also call this number to declare by phone before entries close.

Warm Up

All athletes will be able to access the warm up track for a limited time prior to their event to complete their final preparations. This is to ensure that the number of people in the indoor area at any one time complies with the restricted capacity of the indoor space, in line with current COVID-19 guidance. Athletes may be accompanied by **one** coach, who will leave the area when the athlete reports to Assembly.

Athletes should note that Warm Up will NOT be permitted within the Competition Area. i.e. the competition track itself will **not** be available for warming up. The only exception will be hurdles athletes who will be permitted to use the 60m straight from 0900-0945 only. Athletes must leave the area and report to assembly on time for their event.

Assembly Area

ASSEMBLY TIMES (estimated - please check final call schedule)

Track 15mins Horizontal jumps 25mins High jump 40mins Pole vault 50mins
Throws 25mins

Athletes can enter the warm up area at any time whilst the area is open for their event, but must report to Assembly strictly before the published Assembly Time.

At the Assembly Time, athletes must report to Assembly for final call room-style checks prior to being escorted to the competition area. Coaches are not permitted within the Assembly space and should return to the spectator areas when their athlete reports for their event.

All athletes must report to the assembly area with the minimum amount of kit as reasonably possible. Personal equipment, including phones, music players and smart watches should not be brought into the Assembly Area. Bags will be checked and any of the above items will be removed. Items will be left at the athlete's own risk.

Vests, competitor numbers and spikes will be checked in the final assembly area, and leg numbers will be distributed there. Athletes must compete in the colours of the club under which they entered, or a **current** National Vest.

If you are competing in a field and track event at the same time, it is extremely important that you notify the assembly area when reporting in.

Track Events

- Athletes must report to the Assembly Area ready to race and must store all their belongings at the bag drop area by the Sportshall doors. At the end of their heat all athletes must collect their belongings before returning to Level 3. Athletes will not be allowed back into the warm up area post event.
- Hand sanitiser will be provided at the various competition areas and must be used by all athletes before and after each race.
- Straight track races will be seeded into bands of 3 heats, with a maximum of 8 athletes in each heat.
- Circular track races of 200m, 300m and 400m will be seeded into bands of 3 or 4 heats, with a maximum of 6 athletes in each heat.
- Circular track races of 800m and 1500m will be seeded into bands of 3 heats, with a maximum of 8 (800m) or 10 (1500m) athletes in each heat.
- No personal starting blocks will be permitted at this event. Stadium blocks will be provided at the relevant start areas.

Field Events

- Athletes must bring all their belongings to the assembly area. On conclusion of their events, athletes will be escorted to the stairway exit to level 3. Athletes will not be allowed back into the warm up area post event.
- Hand sanitiser will be provided at the various competition areas and must be used by all athletes before and after each trial.
- Horizontal Jump and Shot Put athletes, in groups of 15-20, have been allocated time for 2 warm up and 3 competition trials.
- Pole Vault and High Jump athletes, in groups of no more than 15, have been allocated time for 2 warm up trials.
HJ: Starting Heights are published on the final timetable and will rise in 5cm increments.
PV: Starting Heights are published on the final timetable and will rise in 20cm increments.

Competitors may use their own equipment provided it is “checked in” at declarations 60 minutes prior to event time and is passed by the Technical Team. Athletes should note UKA rule T32 (187) S2: competitors may use any implements provided for general use. An athlete shall not use another’s implement without the owner’s prior permission.

Please note that OUTDOOR shot puts will be used during this competition. Any personal shots must be outdoor implements.

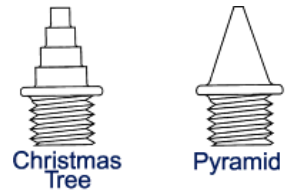
Rules

These Championships will be held under UKA Rules for Competition Incorporating IAAF Rules effective from 1st April 2020. A copy is available from the British Athletics website [Competition Rules](#).

Rule CR18.5 Unsporting or Improper Behaviour: spitting (or similar) in any area may be treated as a conduct offence and will be dealt with by a warning or disqualification. Athletes Assembly stewards will remind athletes of this rule prior to leaving for the competition site. Any instances of athletes spitting within the competition area will be reported to the Chief Official or Referee who will issue the appropriate sanction, which may result in disqualification.

Rule T5: All athletes must make themselves familiar with the recently amended World and UK Athletics rules around shoes available [here](#). It is the athlete’s responsibility to ensure compliance with these rules. Visual checks will be made at Athlete Assembly, with any suspect shoes reported to the Meeting Manager for investigation

Spikes: Christmas tree or pyramid spikes should be used. Under no circumstances will athletes be allowed to use needle spikes on the Mondo surface at Grangemouth. Any athlete found to have these spikes whilst using the Mondo surface will be asked to remove them immediately. Alternative spikes will be available to purchase at reception.



Maximum spike length: 7mm, 9mm for high jump, 13mm for javelin

UKA Rule 6: The competition area is defined as the area where the competition is being staged and which has access restricted to the competing athletes and appropriate officials. At the Emirates Arena, the Competition Area is made up of the whole of the in-field and all lanes of the track, extending to the barriers surrounding the track. This also includes the external shot put area and additional sand pit, but of which are marked by barriers. Parents/coaches/spectators should remain behind the barriers at all times. Mobile devices, such as phones and smart watches, will not be permitted within the competition area.

UK Anti-Doping may be present at this event.

Spectators, Coaches and Chaperones

All non-athlete attendees must have registered with scottishathletics in advance via the dedicated Coaches and Spectators page – [here](#). Spectator tickets may be booked on a one-spectator-per-athlete basis.

All attendees will need to show their confirmation e-mail (either printed or on a mobile device) to gain access to the venue. There will be no pay-on-the-day option.

Certain areas of the stands will be reserved for officials and for officials’ rest areas. All other areas of the main stand are available for spectating. Spectators are reminded that the stands are public areas, and face coverings must be worn at all times within the stands, even whilst seated (unless exempt).

Athlete Assistance

Any athlete requiring assistance during competition should complete and return an assistance request form by noon on Thursday 6th January. If you require a form, please contact events@scottishathletics.org.uk