

INFORMATION FOR ATHLETES
4J Studios scottishathletics Indoor National Open
Saturday 21st January 2023
Emirates Arena, London Road, Glasgow, G40 3HG

We hope all our members and their families enjoyed the festive season, and we look forward to welcoming you to the Emirates Arena for the 4J Studios **scottishathletics** Indoor Open. 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 –Closes 60 minutes before your band/pool or 1500hrs. Don't be late!**
3. **Warm up – access to the warm up area will be permitted according to the published schedule (60 minutes before the assembly time for your band/pool)**
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!**

Admission

Entry to the stadium will be via Level 3. There will be no admittance through the main reception area on level 2 (ground floor).

A final timetable will be published on the **scottishathletics** website in advance of the event date for athletes to identify when to arrive. Athletes will be able to access the indoor warm up area from one hour before the assembly time for their band/pool, so if you arrive early for your event, please spectate from the main stands until your warm up area access time. Declarations will open from 0830hrs and close 60 minutes before the band start time.

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. If parking at the Emirates Area, please follow the directions of parking stewards at all times.

Note: Celtic FC have a home fixture with a 1215 kick off on Saturday 21st January. This will affect available parking within and around the Emirates Arena. If you are able, please use public transport or car share as parking availability will be limited.

Withdrawals and Seeding Performances

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

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 19th January 2023** and must be verified at www.thepowerof10.info

Initial entry lists with bands will be published on Friday 13th January, but there may be changes to PBs or withdrawals after this date. Athletes may use the initial lists to prepare for the event but must check their arrival and declarations times against the final lists on 19th January in case of any changes. There will be no further changes to bands/pools after 5pm on Thursday 19th January.

Declarations

Athletes must declare at the declarations desks on level 3. Spectators and coaches should not accompany the athlete to declarations.

Declarations Opening Hours: 0830 - 1500hrs

Declarations close **60mins prior to event start time or at 1500 for all events taking place after 1600**. 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. **07522 556771** 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 declarations for their 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 space and safety for all in the indoor area. Athletes may be accompanied by **one** coach, who should 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 assembly 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 (up to one hour before the assembly time for their band/pool), 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 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.
- 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 event, athletes will be escorted to the stairway exit to level 3. Athletes will not be allowed back into the warm-up area post event.
- Triple Jump and Shot Put athletes, in groups of 15-20, have been allocated time for 2 warm up and 3 competition trials.
- Long Jump athletes will be given 2 warm up and 3 competition trials. The top 6 male and top 6 female athletes from all pools combined will then be given an extra 3 trials at the conclusion of Pool 1. A board will be available at Assembly throughout the day confirming the distance required to achieve an additional 3 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 field 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.

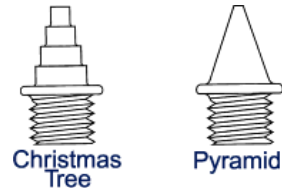
Rules

These Championships will be held under UKA Rules for Competition Incorporating World Athletics Rules effective from 1st April 2022. 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 National Technical Delegate 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. Any athlete found to have these spikes whilst using the Mondo surface will be asked to remove them immediately.



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 should have registered with **scottishathletics** in advance via the dedicated Coaches and Spectators page [here](#). (Parents can register via their child's account if they are not members themselves). All attendees will need to show their confirmation e-mail (either printed or on a mobile device) to gain access to the venue on the day.

Online entry fees:

Spectators - **£3**

Coach members of **scottishathletics** - **Free**

A pay on the day option of **£4** by card is available for those who have not registered in advance. Coach members must register in advance if they wish to avoid the £4 on the door fee: we will not be able to check memberships on the day for free entry.

Athlete Assistance

Any athlete requiring assistance during competition should complete and return an assistance request form by noon on Thursday 19th January. If you require a form, please contact events@scottishathletics.org.uk