

INFORMATION FOR ATHLETES

4J Studios scottishathletics Indoor Combined Events and Masters 3000m Championships and Relay Heats

Saturday 28th and Sunday 29th January 2023
Emirates Arena, London Road, Glasgow, G40 3HG

We look forward to welcoming you to the Emirates Arena for the 4J Studios **scottishathletics** Indoor Combined Events and Masters 3000m Championships. 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 Combined Events Championships](#)

[4J Studios scottishathletics Indoor Masters 3000m Championships](#)

[4J Studios scottishathletics Indoor Relay Championships](#)

5 Steps to Competing

1. **Pre-event – check the entry list for your event time and your arrival time.**
2. **Declare – closes 60 minutes before your event. Don't be late!**
3. **Warm up – access to the warm up area will be according to the published schedule – Combined Events athletes have been allocated a rest area beside assembly.**
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!**

Attending the Event

Admission

Entry to the stadium will be on 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 events assembly time, 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 event start time.

Car Parking

We anticipate a large number of cars to arrive at the venue, so please ensure that 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.

In individual events, 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 26th January 2023** and must be verified at www.thepowerof10.info Relay heats and lanes will be allocated at random.

Initial entry lists will be published on Friday 20th 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 26th January in case of any changes. There will be no further changes to bands/pools after 5pm on Thursday 26th January.

Declarations

Individual athletes must declare at the declarations desks on level 3. Face coverings must be worn in this area (unless exempt). Spectators and coaches should not accompany athletes to individual declarations.

Relay team managers should complete the declarations process for their teams. Relay athletes should proceed directly to the stands on arrival to meet up with the rest of their team. Please do not gather in the concourse.

Declarations Opening Hours: 0830 - 1400hrs
Declarations close **60mins prior to event start time**

Individual 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.

Heptathlon athletes **MUST** re-declare their intention to compete on Sunday 29th January, following the same process as Saturday. Numbers issued on day 1 must be re-used on day 2.

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 entries close. Late arrivals without a phone call may not be able to compete.

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 must leave the area when the athlete reports to Assembly.

Athletes should note that warming up will NOT be permitted within the Competition Area, i.e. the competition track itself will **not** be available for warming up.

A rest area for combined events athletes will be provided beside Assembly. Athletes will be informed when to report to their next event by the Combined Events Referee, with report times also published in the rest area. Athletes must report to assembly for the first and last event of each day.

Assembly Area

ASSEMBLY TIMES (estimated - please check final 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/Team Managers are not permitted within the Assembly space and should return to the spectator areas when their athlete reports for their event. **Spectating is not permitted from trackside.**

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. All relay athletes must wear a vest in the same design as their teammates.

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 sports hall doors. At the end of their heat, all athletes must collect their belongings before returning to Level 3 or CE rest area. Athletes will not be allowed back into the warm-up area post-race.
- No personal starting blocks will be permitted at this event. Stadium blocks will be provided at the relevant start areas.
- CE and relay medallists should report to the presentations area within the arena as soon as possible following the conclusion of their final race. Masters 3000m medallists will be able to collect their medals from the circular finish area following the last 3000m heat of the day.

Field Events

- Athletes must bring any kit required during the competition with them to the Assembly Area. Any other kit should be left with a spectator or stored in a locker. On conclusion of their event, athletes will be escorted to the stairway exit to level 3 or CE rest area. Athletes will not be allowed back into the warm-up area post event.
- Horizontal Jump and Shot Put athletes have been allocated time for 2 warm up and 3 competition trials only.
- Pole Vault and High Jump athletes, have been allocated time for 2 warm up trials prior to the competition starting.
HJ: Starting Heights are published on the final timetable and will rise in 3cm increments.
PV: Starting Heights are published on the final timetable and will rise in 10cm 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. Please be aware of this requirement when providing any personal shots.

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 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. 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, both 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 –

[Saturday 28th January SPECTATORS/COACHES](#)

[Sunday 29th January SPECTATORS/COACHES](#)

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.

Athlete Assistance

Any athlete requiring assistance during competition should complete and return an assistance request form by noon on Thursday 26th January. If you require a form, please contact events@scottishathletics.org.uk