

**INFORMATION FOR ATHLETES**  
**4J Studios scottishathletics Indoor Senior & Under 17 Championships**  
**Saturday 4<sup>th</sup> February 2023**  
**Emirates Arena, London Road, Glasgow, G40 3HG**

We look forward to welcoming you to the Emirates Arena for the 4J Studios **scottishathletics** Indoor Senior and Under 17 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 Senior & U17 Championships](#)

**5 Steps to Competing**

1. **Declare - closes 60 minutes before your event. Don't be late!**
2. **Warm up – access from 60 minutes before your Call Room time**
3. **Report to Call Room - check the Call Room Schedule for your report time**
4. **Compete!**
5. **Presentations - medallists, report to presentations as soon as possible**

**Admission and Parking**

The stadium will be open from 0830hrs via the first-floor concourse (Level 3). NOT via the cafe on level 2.

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. Bag checks will also be in operation at the venue, so please arrive in plenty of time to declare for your event in case of queues on entry.

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 Call Room report time for their event. 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 scheduled start time for your event. Athletes arriving late may not be given permission to compete.

**Spectators, Coaches and Assistance**

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.

Event programmes will be available to purchase on the day at a cost of **£3**

Access to the competition arena (including the warm up area) will be restricted to athletes, officials and coaches, on production of their valid UKA Licence. Parents, spectators and non-competing athletes should spectate from the seating areas.

Any athlete requiring assistance during competition (eg. an athlete with a disability) should complete and return an assistance request form by noon on Thursday 2<sup>nd</sup> February. If you require a form, please contact [events@scottishathletics.org.uk](mailto:events@scottishathletics.org.uk)

### **Declarations**

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

Declarations Opening Hours: 0830 - 1500hrs

Declarations close **60mins prior to event start time**

#### **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.

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.

### **Warm Up**

All athletes will be able to access the warm-up track up to one hour prior to their event call time. 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 Call Room.

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.

### **Call Room**

Call Times: (estimated - please check final call schedule)

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

The Call Room will be located outside the warm up area, off the back straight. Athletes can enter the warm up area at any time whilst the area is open for their event, but must report to Call Room strictly by the published call time.

At the call time, athletes must report to the Call Room for final checks prior to being escorted to the competition area. Coaches are not permitted within the Call Room and should return to the spectator areas when their athlete reports for their event. Any chaperones/assistants for athletes with a disability must have completed and submitted an assistance form (information above) in advance of the event to gain access to the Call Room with the athlete they are supporting.

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

All athletes must report to the Call Room with the minimum amount of kit as reasonably possible. Personal equipment, including phones, music players and smart watches should not be brought into the Call Room. 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 Call Room, 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. Unattached athletes may compete in a plain (white preferred) vest.

### **Track Events**

- Athletes will be seeded as per best performances provided at the point of entry. Should your PB/SB require updating, [e-mail us](#) by **5pm on Thursday 2<sup>nd</sup> February**. Changes must be able to be verified on [www.thepowerof10.info](http://www.thepowerof10.info) or an international equivalent, and the link to your profile provided when requesting a change.
- Athletes must report to the Call Room ready to race and must store all of 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. Athletes will not be allowed back into the warm-up area immediately post-race.
- Athletes who have qualified for subsequent rounds are required to follow the one-way system, leaving the competition level after their heat and returning via the warm up area at the time for the next round of their event.
- No personal starting blocks will be permitted at this event. Stadium blocks will be provided at the relevant start areas.
- If heats are not required, track finals will be run at FINAL time.
- Medallists should report to the presentations area by the circular track finish as soon as possible following the conclusion of their final.

### **Field Events**

- Athletes must bring any kit required during the competition with them to the Call Room. Any other kit should be left with a spectator, stored in a locker or left at the bag drop area by the sports hall doors. 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 immediately post event.

- All competitors will be allowed three attempts in throws and horizontal jumps events. The top 8 athletes in each age group after three attempts will receive a further three trials.
- Pole Vault and High Jump starting heights are published on the final timetable. The High Jump bar will rise in 5cm increments and Pole Vault in 20cm increments.

Competitors may use their own equipment provided it is “checked in” at declarations at least 60 minutes prior to event time and is passed by the Technical Team. Pole vault poles will not be available at the stadium. 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. Indoor implements will not be passed for use on the day.

### **Rules**

These Championships will be held under UKA Rules for Competition Incorporating World Athletics Rules effective from 1<sup>st</sup> April 2022. A copy is available here: [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. Call Room 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 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 in the Call Room, with any suspect shoes reported to the NTD or 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. Maximum spike length: 7mm, 9mm for high jump.

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. We ask that parents/coaches/spectators remain behind the barriers at all times on level 2, and spectate from the stands and level 3 wherever possible. Mobile devices, such as phones and smart watches, will not be permitted within the competition area, except by accredited persons.

UK Anti-Doping may be present at this event.