

INFORMATION FOR ATHLETES
4J Studios scottishathletics Indoor Masters and Para Championships
Sunday 12th 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 Masters and Para Championships and Relay Finals. 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 Masters and Para 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**
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!**

If you win a medal, don't forget to collect it before you leave.

Admission

Entry to the stadium will be on Level 3. There will be no admittance through the main reception area. Declarations will close 60 minutes before each event's scheduled 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.

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 9th February. If you require a form, please contact events@scottishathletics.org.uk

Seeding

Athletes will be seeded by age band and then as per seasons best/personal best times as stated at time of entry. Any updates should be reported **by 12 noon on Thursday 9th February 2023** and must be verified at www.thepowerof10.info

Declarations

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

Declarations Opening Hours: 0830 - 1400hrs

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.

Declarations Help Line

Any athlete who may be running late must contact mobile no. **07522 556771** to notify us of their expected arrival time. Athletes who do not contact us ahead of declarations for their event closing will not be permitted to declare late. If unanswered, a message should be left detailing name, issue and return contact number.

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. Athletes may be accompanied to warm up by up to **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.

Assembly Area

ASSEMBLY TIMES (estimated - please check final assembly schedule)

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

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 on level 3 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. Numbers, when worn, must not be folded, mutilated or concealed in any way.

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 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 post-race.
- Athletes who have qualified for subsequent rounds of an event 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.
- Para athletes competing in the Para Championship 60m will be scored on RAZA points, with medals awarded to the top 3 male and female athletes by score.
- Para athletes running in any other track event will be seeded alongside Masters athletes according to seed time and will run in heats only. They will not progress to finals.

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. Athletes will not be allowed back into the warm-up area post event.
- Horizontal Jump and Shot Put athletes have been allocated time for a minimum of 2 warm up and 3 competition trials.
- All Para athletes will receive a further 3 trials. Athletes who achieve the Masters merit standard will also receive a further 3 trials. If an event has fewer than 8 athletes, all athletes will receive 6 trials.
- Para athletes competing in the Shot Put and Long Jump will be scored on RAZA points with medals awarded to the top 3 male and female athletes by score.
- Pole Vault and High Jump athletes, have been allocated time for a minimum of 2 warm up trials prior to competition starting. Starting heights are published on the final timetable and will rise in 5cm increments (High Jump) or 20cm increments (Pole Vault).

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. Indoor implements will not be passed for use on the day.

Medals

- All Masters athletes finishing in the top 3 within their age group will receive a medal. Medals will be available from the presentations table by the circular track finish area once full results for that event have been published.
- Para athletes will receive medals in 60m, Long Jump and Shot Put. Para athletes may also have chosen to guest in other events, but no other medals will be awarded.
- A podium will be available at medal collection for athletes to take photographs if they wish.

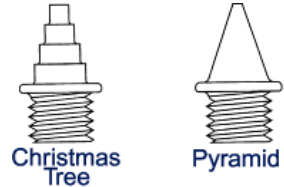
Rules

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](#). Masters (WMA) and Para (WPA) rules will be applicable where necessary.

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.



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.