

INFORMATION FOR ATHLETES
4J Studios scottishathletics Indoor Age Group Championships
Saturday 18th and Sunday 19th 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 Age Group 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 Age Group 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 Call Room – report to Call Room according to the Call Room schedule. Do not take any unnecessary belongings with you – use the kit drop area.**
- 5. Compete!**

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.

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.

Please note that Celtic FC have a home fixture on Saturday 18th February, kicking off at 3pm. Parking at the Emirates Arena and within the surrounding area will be restricted on this date. Please ensure that you allow plenty of time to travel and park.

Seeding

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 16th February 2023** and must be verified at www.thepowerof10.info

Final entry lists will be published on Friday 10th February. All athletes must check their arrival and declarations times against these final lists in case of any changes.

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 Saturday and Sunday

Declarations close **60mins prior to event start time or 1500hrs, whichever is earliest**

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.

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 within the warm up area for all. Athletes may be accompanied to warm up by **one** coach, who must leave the area when the athlete reports to Call Room.

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.

Call Room

CALL ROOM REPORT TIMES (estimated - please check final call schedule)

Track 15mins Throws and 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 the Call Room strictly before the published final 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 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 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. Numbers, when worn, must not be folded, mutilated or concealed in any way. 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 Call Room when reporting in.

Track Events

- Athletes must report to the Call Room 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 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.
- Medallists should report to the presentations area as soon as possible following the conclusion of their race.

Field Events

- Athletes must only bring kit required during the competition with them to the Call Room. 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 with the top 8 athletes receiving a further 3 trials. If an event has fewer than 8 athletes, all athletes will receive 6 trials.
- 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 shots will not be passed for use.

Rules

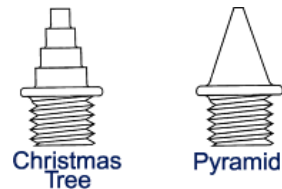
These Championships will be held under UKA Rules for Competition Incorporating World Athletics Rules effective from 1st April 2022. A copy is available from the British Athletics website: [Competition Rules](#).

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.

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.

Spectators, Coaches and Chaperones

All non-athlete attendees should have registered with scottishathletics in advance via the dedicated Coaches and Spectators pages –

18th February: [4J Studios U15 & U20 Champs COACHES / SPECTATORS](#)

19th February: [4J Studios U13 & U20 Champs COACHES / SPECTATORS](#)

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 16th February**. If you require a form, please contact events@scottishathletics.org.uk