

**INFORMATION FOR ATHLETES**  
**4J Studios scottishathletics National Indoor Championships**  
**Heat Weekend 3**  
**Friday 2<sup>nd</sup> – Sunday 4<sup>th</sup> February 2024**  
**Aberdeen Sports Village, Linksfield Rd, Aberdeen AB24 5RU**

We look forward to welcoming you to Aberdeen Sports Village for the third heat of the 2024 4J Studios **scottishathletics** National Indoor 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 National Indoor Championships Heats Weekend 3](#)

**5 Steps to Competing**

- 1. Pre-event – check the start list for your pool/event time and your arrival time.**
- 2. Declare –opens 90 mins and closes 45 minutes before your session/pool. Don't be late!**
- 3. Warm up – warm up access will be permitted 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.**
- 5. Compete!**

**Admission**

Entry to the venue will be via the building's main entrance.

A final timetable will be published on the **scottishathletics** website in advance of the event date for athletes to identify when to arrive. Declarations will open 90 minutes before and close 45 minutes before the start time for each track session/field pool. Athletes should declare on arrival, and then proceed to the indoor football pitches to begin their warm up preparations. Specific declaration windows for each event are outlined on the final timetable.

Please be aware that although this event takes place indoors, the venue is not a competition arena. The competition nor Warm up area will be fully heated, and athletes and spectators are advised to dress warmly.

**Car Parking**

We anticipate a large number of cars at the venue, so please ensure you arrive in plenty of time to park before you need to declare for your event(s). Aberdeen FC has a home game at nearby Pittodrie on the Saturday afternoon, and a swimming event will also take place at ASV over the same event weekend. Parking in the area will be busy. All drivers must be considerate to local residents and park responsibly. Additional overflow parking is available in the university car parks off King Street and St Machar Drive

**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](mailto:events@scottishathletics.org.uk)) as soon as possible. As some events have sold out, notifying us of your withdrawal by 12 noon on Monday 29<sup>th</sup> January 2024 will enable us to offer a place to the next athlete on the waiting list. Waiting list offers will end on this date. We are unable to offer refunds for withdrawals.

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 Wednesday 31<sup>st</sup> January 2024** and must be verified at [www.thepowerof10.info](http://www.thepowerof10.info)

**Initial entry lists will be published on Friday 26<sup>th</sup> 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 in case of any changes. There will be no further changes after 5pm on Wednesday 31<sup>st</sup> January.**

#### Declarations

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

Athletes must declare at the declarations desks inside the main entrance on arrival. Declarations will open 90 minutes prior to the start time for each pool/band, and will close 45 minutes later. Athletes attempting to declare outwith this window may not be permitted to compete.

Declarations Opening Hours:

**Friday 1600-1815**

**Saturday 0830 – 1315**

**Sunday 0830-1300**

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. Please inform the Referee if you become unfit to continue in an event for which you have declared on the day. Athletes arriving to register after an event has closed will not be allowed to compete.

Athletes must declare on each day – Friday for Friday events, Saturday for Saturday events and Sunday for Sunday events. Athletes competing in multiple events on the same day should declare for all of their intended events on arrival, regardless of the declarations opening time for their second or third event. Athletes competing on more than one day **must retain** any numbers issued for the full weekend. Numbers, when worn, must not be folded, mutilated or concealed in any way.

#### **Event Help Line**

Any athlete who may be running late must contact mobile no. **07522 556 771** 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

On arrival at the venue, athletes will have access to the indoor football pitch to begin their preparations. No food should be brought into this area, and no spikes should be worn.

As the indoor area will be used for competition, please refer to the published timetable for track/field site warm up access times. Athletes should be aware that warm up time and space within the competition area will be limited, so unnecessary kit should not be brought into the area, and warm up times should be adhered to. Athletes may be accompanied by **one** coach during warm up in the competition area, who should leave the area when warm up ends or the athlete reports to Assembly.

### Assembly Area

#### **ASSEMBLY TIMES (estimated - please check final assembly schedule)**

Track 10mins                      Horizontal jumps and Shot 25mins                      High jump 40mins

**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 designated 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. Lockers are available in the changing rooms for athletes to use. 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. Athletes must compete in the colours of the affiliated 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. At the end of their heat, all athletes will be escorted from the track. Athletes will not be allowed back into the competition area post-race.
- 60m races will be seeded by time. Hurdles will be seeded by age group and then time.
- Heats will be run fastest-slowest.
- No personal starting blocks will be permitted at this event. Stadium blocks will be provided.

### Field Events

- Athletes must bring all their belongings to the Assembly Area, or leave them in a locker/with a spectator. On conclusion of their event, athletes will be escorted from the competition area. Athletes will not be allowed back into the competition area post-event.
- Long Jump, Triple Jump and Shot Put athletes, have been allocated time for a minimum of 2 warm up and 4 competition trials.
- Pole Vault and High Jump athletes have been allocated time for a minimum of 2 warm up trials and a maximum of 8 competition trials. As normal, 3 consecutive failures at a height will eliminate the athlete. On the completion of the 8<sup>th</sup> attempt the athlete's competition will conclude regardless of number of consecutive failures at that point. Starting Heights are published on the final timetable and will rise in 5cm increments (HJ) and 15cm increments (PV).

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 S1: 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. Personal shots must be outdoor implements.

### Qualification to the Final

Athletes competing in this event will earn the opportunity to book a guaranteed place in the 4J Studios **scottishathletics** National Championships Final, taking place over the weekend of 16<sup>th</sup>-18<sup>th</sup> February. Athletes finishing in the top 4 in their age group across the full weekend will be contacted by e-mail on Monday 5<sup>th</sup> February and invited to enter the Final. A list of all qualifiers will also be published on the same day.

U20 and Masters athletes were asked to state within their entry whether they wished to compete as U20/Master or Senior. Should any athlete believe they have been listed in the wrong category, they must notify us as soon as possible.

Masters will compete against each other, with performances age-graded to produce comparable results. U17+ classified ambulant para-athletes will be scored on RAZA points in 60m, long jump and shot put.

### **Rules**

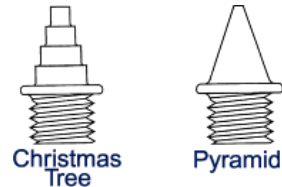
These Championships will be held under UKA Rules for Competition Incorporating World Athletics Rules effective from 1<sup>st</sup> April 2022. A copy is available from the UK Athletics website: [Competition Rules](#).

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. 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 T5.2: 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 meeting management for investigation.

Spikes: Christmas tree or pyramid spikes should be used. Under no circumstances will athletes be allowed to use needle spikes on the track surface. Any athlete found to have these spikes whilst using the track surface will be asked to remove them immediately.

Maximum spike length: 7mm, 9mm for high jump



UKA Rule T6: 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 this venue, the Competition Area is made up of the whole of the indoor area, excluding only the designated spectator areas and spectator walkways. Parents/coaches/spectators should remain in spectator areas at all times whilst competition is taking place. 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**

Anyone intending to spectate at this event **MUST** read the Spectator Information document available from the dedicated Coaches and Spectators page [here](#).

Please be aware that this season's indoor events take place in venues intended for training. This means none have spectator stands or viewing areas for competition. Any spectators must follow the directions of officials and event staff at all times whilst within the spectator areas. Spectator areas will be standing-room only. Space will be available within the competition area, and on the balcony.

All non-athlete attendees are required to register with **scottishathletics** in advance via the page linked above. Parents can register through 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.

Spectator places are offered on a first come first served basis, with priority bookings open to coach members of **scottishathletics** from Monday 22<sup>nd</sup> January. General spectators will be able to book from Monday 29<sup>th</sup> January. Those intending to spectate are encouraged to book their place as early as possible to guarantee access on the day.

**Cost:**

Coach member of **scottishathletics**: FREE

Non-members and general spectators: online £3 per session, to a maximum of £6 per weekend

On the day admission is subject to availability and will cost £5 per person.

ASV has a cafe, which will offer a range of refreshments during this event. Seating be available to parents/ guardians without a spectator booking to wait, but please be aware the competition is not visible from this area.

Spectators will be asked to leave the competition area at the end of each competition. If anyone would like to spectate during the next competition, they should leave and re-enter for the second event.

**Athlete Assistance**

Any athlete requiring assistance during competition should complete and return an assistance request form by noon on Thursday 1<sup>st</sup> February. Chaperones supporting an athlete with a disability during this event do not need to book a spectator place but must submit their details through the assistance request form in advance of the day. A form can be downloaded [here](#).