

INFORMATION FOR ATHLETES
4J Studios scottishathletics National Indoor Championships
FINALS WEEKEND
Friday 16th – Sunday 18th February 2024
Grangemouth Stadium, Kersiebank Avenue, Grangemouth, FK3 0BS

We look forward to welcoming you to Grangemouth Stadium for the Final 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 Final](#)

5 Steps to Competing

1. **Pre-event – check the start list for your pool/event time and your arrival time.**
2. **Declare – closes 60 minutes before your event start time. Don't be late!**
3. **Warm up – warm up access will be permitted 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.**
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 determine when to arrive. Declarations will close 60 minutes (NOT 45 minutes like the Heat events!) before the start time for each event. Athletes should declare on arrival, ensuring that they declare for every event in which they intend to compete.

Please be aware that although this event takes place indoors, the venue is not a competition arena. The competition area will not be fully heated, and athletes and spectators are advised to dress warmly.

Car Parking

Parking in front of the stadium is available on a first come first served basis and will fill up quickly. Please ensure you arrive in plenty of time to park before you need to declare for your event(s). Additional parking spaces can be found in the overspill car park at the rear of the stadium. Alternative car parking is also available at Grangemouth High School, accessible via Tinto Drive, past Bowhouse Primary School. All drivers must be considerate to local residents and park responsibly.

Withdrawals

If, for any reason, you are no longer able to attend this event, please contact the Competitions Team (events@scottishathletics.org.uk) as soon as possible. We are unable to offer refunds for withdrawals.

Entry lists will be published on the afternoon of Tuesday 13th February.

Declarations

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

Athletes must declare at the declarations desks inside the main entrance on arrival. Declarations will close 60 minutes prior to the start time for each event. Athletes attempting to declare late may not be permitted to compete.

Declarations Opening Hours:

Friday 1600-1900 Saturday and Sunday 0830 – 1500

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 Meeting Manager if you become unfit to continue in an event for which you have declared on the day.

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

As the indoor area will be used for competition, please refer to the published timetable for 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 Call Room. All athletes must leave the competition area at the end of the warm up period, taking all belongings with them.

Call Room

CALL ROOM TIMES (estimated - please check final Call Room schedule)

Track 15mins Field Events 40mins

Athletes but must report to the Call Room strictly by the published time for their event.

At the call time, athletes must report to the Call Room for final checks prior to being escorted to the competition area. The Call Room is located in the wooden gym off the main corridor. Please be aware that unlike in the Heat events, a FULL CALL ROOM will be in effect at this event. Coaches and parents are not permitted within the Call Room and should return to the designated spectator areas when their athlete reports for their event.

All athletes must report to the Call Room 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 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.

Athletes are advised that spikes should not be worn in the Call Room. Athletes should report in trainers, socks or other suitable footwear, and change into their spikes once they have been escorted through to the shoe-changing area in the indoor track.

Vests, competitor numbers and spikes will be checked in the Call Room. 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 Call Room officials when reporting in.

Track Events

- Athletes must report to the Call Room ready to race. At the end of their race, all athletes will be escorted from the track. Athletes will not be allowed back into the competition area post-race.
- No personal starting blocks will be permitted at this event. Stadium blocks will be provided.
- Athletes will be seeded on their performances from the heat events. Athletes who did not qualify through the heats will be seeded with no time. For athletes progressing from heats to finals on the day of this event, usual seeding rules will apply.

Field Events

- Athletes must bring all their belongings to the Call Room, 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 trials. All athletes will be offered three trials, with the top **six** then offered a further three trials.
- Athletes will be seeded on their performances in the heats. Due to this, the order will not be reversed after three trials for any age group.
- Pole Vault and High Jump athletes have been allocated time for a minimum of 2 warm up trials. Starting heights and increments are published on the final timetable.
- 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 INDOOR shot puts will be used. Personal shots must be indoor implements.

Competition Format

Track events will include semi-finals and finals, unless entry numbers do not require semi-finals in any particular event. Field events will be held in one pool per age group. Where numbers and/or space available require, two or more age groups may compete together.

U20 and Masters athletes were asked to state within their first entry whether they wished to compete as U20/Master or Senior. Should any athlete believe they have been listed on the entries list 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 across all Masters age bands. Medals in the Masters age group will be presented based on these combined results. U17+ classified ambulant para-athletes will be scored on RAZA points in 60m, long jump and shot put.

Rules

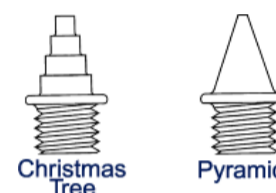
These Championships will be held under UKA Rules for Competition Incorporating World Athletics Rules effective from 1st April 2022. A copy is available from the UK Athletics website: [Competition Rules](#).

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. Call Room Judges 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 in Call Room, 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: 6mm, 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 on the Coaches and Spectators page [here](#). 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.

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.

Spectator places are offered on a first come first served basis from 10am on Wednesday 7th February. 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 day, to a maximum of £6 per weekend

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

Grangemouth Stadium 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. Medal presentations will take place in the café.

Athlete Assistance

Any athlete requiring assistance during competition should complete and return an assistance request form by noon on Thursday 15th 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](#).

Championship Hoodie

Hoodies for the final are available to order [here](#).