

PRE-EVENT INFORMATION FOR ATHLETES
4J Studios scottishathletics Indoor Senior & Under 17 Championships
Saturday 25th January 2025
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 2025. We wish you an enjoyable and rewarding competition.

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**

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 declarations for their close.

Admission

Entry to the stadium will be via Level 3. There will be no admittance through the main reception area on level 2 (ground floor).

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 assembly 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 start time for each event.

Glasgow Life rules state that open containers will not be permitted within the competition area. Sports bottles, containing water only, will be allowed within this area. Stadium staff and security will operate checks, with any prohibited items being confiscated.

Car Parking

We anticipate a large number of cars to arrive at the venue, so please ensure 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. If parking at the Emirates Area, please follow the directions of parking stewards at all times.

Note: Celtic FC have a home fixture with a 1500 kick off on Saturday 25th January. This will affect available parking within and around the Emirates Arena. If you are able, please use public transport or car share as parking availability will be limited.

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) as soon as possible.

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 22nd January** and must be verified at www.thepowerof10.info or an international equivalent.

Declarations

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

Declarations Opening Hours: 0830 - 1515hrs

Declarations close **60mins prior to event start time, or at 1515 for all events taking place after 1615**. 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.

Spectators and Coaches

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 only) 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.

The warm up and competition areas will be accessible to athletes, officials, event staff and accredited coaches only. Athletes must be in possession of their competitor bib to access level 2, and coaches a wristband. Coach wristbands will be distributed at admissions, on production of a valid coaching licence. All coaches are still required to book spectator access as outlined above.

Athlete Assistance

Any athlete requiring assistance during competition should complete and return an assistance request form by noon on Thursday 23rd January. Forms can be downloaded here: [Assistance Request Form](#)

Full Event Information

Full event information, including the Athlete Information document, final timetable and a link to the entry lists can be found on the National Indoor Senior & Under 17 Championships fixture page on the **scottishathletics** website here: [4J Studios scottishathletics Indoor Senior & U17 Championships](#)