

PRE-EVENT INFORMATION FOR ATHLETES
4J Studios scottishathletics Indoor Masters and Para Championships
Sunday 2nd February 2025
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.

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.

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.

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 (recorded in 2023 or 2024) as stated at time of entry. Any updates should be reported **by 12 noon on Wednesday 29th 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, families 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.

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 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 30th 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 Masters and Para Championships fixture page on the **scottishathletics** website here: [4J Studios scottishathletics Indoor Master and Para Championships](#)