

**INFORMATION FOR ATHLETES**  
**4J Studios scottishathletics Indoor Season**  
**January – March 2025**  
**Emirates Arena, London Road, Glasgow, G40 3HG**

We hope all our members and their families enjoyed the festive season, and we look forward to welcoming you to the Emirates Arena for the 4J Studios **scottishathletics** Indoor Championships. We wish you an enjoyable and rewarding season of indoor competition.

All relevant information for each event can be downloaded from the [Fixture Page](#) on the **scottishathletics** website

**5 Steps to Competing**

1. **Pre-event – check the start list for event time and plan your arrival time.**
2. **Declare –Closes at least 60 minutes before your event Don't be late!**
3. **Warm up – access to the warm up area will be permitted according to the published schedule**
4. **Report to Assembly/Call Room – report according to the schedule. Do not take any unnecessary belongings with you – use the kit drop area.**
5. **Compete!**

**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. Any athlete running late for declarations should also call this number to declare by phone before declarations for their event close.

**Admission**

Athlete and spectator 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 each 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 call room/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 (0900hrs for Masters Championships on 2<sup>nd</sup> February) and will close 60 minutes before each event start time, unless otherwise stated in the event information.

**Car Parking**

We anticipate a large number of cars to arrive at the venue for each competition, 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 1730 kick off on Saturday 18<sup>th</sup> January and 1500 kick off on Saturday 25<sup>th</sup> January. This will affect available parking within and around the Emirates Arena on these dates. If you are able, please use public transport or car share as parking availability will be limited. Any other anticipated disruption to parking arrangements will be included in the athlete information e-mail for the event you are attending.**

## ***Spectators, Coaches and Athlete Assistance/Chaperones***

All non-athlete attendees should have registered with **scottishathletics** in advance via the dedicated Coaches and Spectators for that event. (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.

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.

Any athlete requiring assistance during competition should complete and return an assistance request form by noon the Thursday prior to the event weekend. Any approved chaperones will not require a spectator ticket. Forms are available to download [here](#).

## **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. 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 the Wednesday prior to the competition weekend** and must be verified at [www.thepowerof10.info](http://www.thepowerof10.info) or an international equivalent. The link to your profile should be provided when requesting a change.

**Initial entry lists (with pools/bands if required) will be published on Friday afternoon a week prior to each event weekend (ie. 8-9 days pre-event). There may still be changes to PBs or withdrawals after this date. Any waiting lists will close when these lists are published, with no further places offered after the publication of the entry lists.**

## **Declarations**

Athletes must declare at the declarations desks on level 3. Spectators and coaches should not accompany the athlete to declarations. Relay team managers should declare on behalf of their teams.

Declarations Opening Hours: 0830 (0900 for Masters Championships) – approx. 1500hrs

Declarations close **60mins prior to event start time**. Declarations for late-afternoon events may close earlier – please check the athlete information e-mail for the event you are attending for confirmation.

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.

Any athletes taking part in a multi-day event (heptathletes and U20s) **MUST** re-declare their intention to compete on Sunday, following the same process as Saturday. Numbers issued on day 1 must be re-used on day 2.

Numbers, when worn, must not be folded, mutilated or concealed in any way.

## **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 for all in the indoor area. Athletes may be accompanied by **one** coach, who should leave the area when the athlete reports to Assembly/Call Room. Spectating is not permitted from trackside.

**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.**

Athletes should note that warm up will NOT be permitted within the Competition Area. i.e. the competition track itself will **not** be available for warming up. Any exceptions will be outlined in the athlete information e-mail for the event you are attending.

A rest area ('CE rest area') will be designated for Combined Events athletes during the weekend of the Combined Events Championships. Athletes should remain here or in the stands between events, not in the warm up area.

## **Call Room / Assembly Area**

**Please check final Call Room and Assembly Schedules on the day for your report times.**

A Call Room will be in operation at the Senior/U17 Championships on Saturday 25<sup>th</sup> January and the U13/U15/U20 Championships on Saturday 1<sup>st</sup> and Sunday 2<sup>nd</sup> March. All other events will have an Assembly.

**Athletes can enter the warm up area at any time whilst the area is open for their event (usually up to one hour before the assembly time), but must report to Call Room/Assembly strictly before the published assembly time.**

At the assembly/call time, athletes must report to Call Room/Assembly for final checks prior to being escorted to the competition area. Coaches are not permitted within the Call Room/Assembly space and should return to the spectator areas when their athlete reports for their event.

All athletes must report with the minimum amount of kit as reasonably possible. Personal equipment, including phones, music players and smart watches should not be brought into the 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 Call Room/Assembly Area, and leg numbers will be distributed there. 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/Assembly Area when reporting in.

## **Track Events**

- Athletes must report ready to race and must store all their belongings at the bag drop area by the Sportshall doors.
- No personal starting blocks will be permitted. Stadium blocks will be provided at relevant start areas.
- 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.
- Please check the athlete information e-mail for the event you are attending for confirmation of whether finals will be run at heat or final time if heats are not required on the day.
- Medallists should report to the presentations area by the circular track finish as soon as possible following the conclusion of their final. Medal collection for Masters athletes will also be located by the circular track finish: please allow time for results to be processed before reporting to collect your medal.

## Field Events

- Athletes must bring all their belongings with them. On conclusion of their event, athletes will be escorted straight to the stairway exit to level 3 (or the CE rest area). Athletes will not be allowed back into the warm-up area post event.
- Championships: All competitors will be allowed three attempts in throws and horizontal jumps events. The top 8 athletes in each age group after three attempts will receive a further three trials.
- Indoor Open (18<sup>th</sup> January): Triple Jump and Shot Put athletes, in groups of 15-20, have been allocated time for 2 warm up and 3 competition trials. Long Jump athletes will be given 2 warm up and 3 competition trials with the exception of pools 3 (Female) and 1 (Male) where the top 6 athletes will receive an additional 3 trials.
- Pole Vault and High Jump athletes have been allocated time for at least 2 warm up trials.  
HJ: Starting heights are published on the final timetable and will rise in 5cm increments (3cm for combined events)  
PV: Starting heights and progressions 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 **OUTDOOR** shot puts will be used during these competitions. Any personal shots must also be outdoor implements.

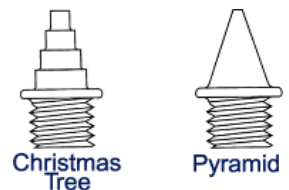
## Rules

These Championships will be held under UKA Rules for Competition Incorporating World Athletics Rules effective from 1<sup>st</sup> April 2024. A copy is available from the British Athletics website [Competition Rules](#). WMA and WPA rules will also be used where appropriate.

Rule TR7 S2 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 TR5: 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 National Technical Delegate 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.  
Maximum spike length: 7mm, 9mm for high jump, 13mm for javelin



UKA Rule TR6: 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, but 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.