

## INFORMATION FOR ATHLETES

**4J Studios scottishathletics Indoor Combined Events, Masters 3000m and Senior / U17 Relay Championships**  
**Saturday 8<sup>th</sup> and Sunday 9<sup>th</sup> 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 Combined Events, Masters 3000m and Senior / Under 17 Relay Championships. We wish you an enjoyable and rewarding competition.

### 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 – Combined Events athletes have been allocated a rest area beside assembly.**
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!**

#### **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 entries close. Late arrivals without a phone call may not be able to compete.

#### **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 1730 kick off on Saturday 8<sup>th</sup> February. 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](mailto:events@scottishathletics.org.uk)) as soon as possible.

Athletes will be seeded and allocated to field pools as per seasons best/personal best times as stated at time of entry. Any updates should be reported **by 12 noon on Wednesday 5<sup>th</sup> February** and must be verified at [www.thepowerof10.info](http://www.thepowerof10.info) or an international equivalent.

Masters athletes competing the 3000m Championships will compete in age-banded races, ensuring head-to-head competition in each 5-year age group.

### Declarations

Individual athletes must declare at the declarations desks on level 3.

Relay team managers should complete the declarations process for their teams. Relay athletes should proceed directly to the stands on arrival to meet up with the rest of their team. Please do not gather in the concourse.

Declarations:           0830-1145hrs SAT                   0830-1225 SUN  
Declarations close **60mins prior to event start time**

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

Heptathlon athletes **MUST** re-declare their intention to compete on Sunday following the same process as Saturday. Numbers issued on day 1 are to be re-used on day 2.

### Spectators, Coaches and Assistance

All non-athlete attendees should have registered with scottishathletics in advance via the dedicated Coaches and Spectators page

[Saturday 8<sup>th</sup> February COACHES / SPECTATORS](#)

[Sunday 9<sup>th</sup> February COACHES / SPECTATORS](#)

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/team managers 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 23<sup>rd</sup> 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 fixture pages on the **scottishathletics** website here:

[4J Studios scottishathletics Indoor Combined Events Championships](#)

[4J Studios scottishathletics Indoor Masters 3000m Championships](#)

[4J Studios scottishathletics Indoor Senior Under 17 Relay Championships](#)