

**4J Studios scottishathletics National Indoor Combined Events and Masters Championships
Including Parallel Success Open events
Saturday 1st and Sunday 2nd February 2020
EMIRATES ARENA, GLASGOW**

INFORMATION FOR ATHLETES

We look forward to welcoming you to the Emirates Arena, Glasgow for the 4J Studios **scottishathletics** National Indoor Combined Events and Masters Championships, we wish you an enjoyable and rewarding competition. This year we will have a number of para athletes competing alongside Masters in the Parallel Success Open Meeting.

Additional information, including start lists and the final timetable can be downloaded from the fixture page on the **scottishathletics** website

[4J Studios scottishathletics National Indoor Combined Events Championships](#)
[4J Studios scottishathletics National Indoor Masters Championships](#)
[scottishathletics Parallel Success Open Meeting](#)

This event will be held under UKA Rules for Competition Incorporating IAAF Rules effective from 1st April 2018. A copy is available for download from the British Athletics website: [Competition Rules](#).

Accreditation

Access to the competition arena on the ground floor of the Emirates will be restricted to athletes and **scottishathletics** officials and coaches, on production of their valid UKA Licence. Parents, spectators and non-competing athletes should spectate from the seating areas on the first floor of the arena.

Athletes must not climb on the barriers around the track or from the stand. Only access routes should be used.

Please note:

- Athletes must wear, or have possession of, their race number to access restricted parts of the stadium.
- Coaches will be issued a wrist band at admissions to grant access to the warm up area. To obtain a wrist band, coaches must produce a valid UKA Coaching Licence. Coaches are advised to make sure their UKA licence is up to date, and if in doubt contact the **scottishathletics** office as soon as possible.

Any club unable to have a suitably qualified club coach in attendance can contact **scottishathletics** for special accreditation. One additional warm up area accreditation pass will be issued to a named contact. Requests must include – name, e-mail address, contact number and list of athletes they are supporting - and be submitted to events@scottishathletics.org.uk no later than Wednesday 29th January 2019. Clubs must ensure that any volunteer applying for accreditation has been suitably vetted and where necessary are members of the PVG scheme. Further information on vetting and PVG is available from the **scottishathletics** welfare team; welfare@scottishathletics.org.uk.

Para Athletes Assistance Forms

Any Parallel Success athletes who require assistance in Competition must download and complete a Request form also by Wednesday 29th January 2019 and submit to events@scottishathletics.org.uk. The form can be downloaded [here](#)

Arrival

Admission

Open from 0830hrs via the first-floor concourse (Level 3) Bag checks will be in operation at the venue.

Cost: £3 per person. Programmes will be on sale for £1 per copy.

Under 16's: FREE

Coaches: FREE, on production of valid coaching licence.

Please do not access the arena via Level 2.

Suitcases are not permitted within the facility and must not be brought to the championships. Small cases can be stored in lockers on level 2 of the facility, and should not be brought into the arena.

Pushchairs are also not permitted within the seating area of the Emirates Arena.

Declarations

Located on level 3 concourse

Opening Hours:

Saturday 1st February 2019 from 0830-1400hrs
Sunday 2nd February 2019 from 0830-1500hrs

If you are competing in more than one event, please ensure you declare for ALL events. You will not be able to compete in any event for which you have not declared. Numbers issued at declarations must not be folded, mutilated or concealed in any way.

Combined Events athletes will be issued ONE set of numbers for both Saturday and Sunday, athletes must re declare on Sunday for day two events.

Event Closing Times: **60mins prior to Event Start Time**

Pole Vault 75mins prior to Event Start Time

Athletes registering after this time will not be granted permission to compete.

Any withdrawals must be reported to declarations as soon as possible.

Event Help Line

Athletes who may be running late must contact Mobile no. **07718 526 373** to notify us of your arrival. 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 telephone number.

Warm Up Area

The warm up area is located behind the seating on the back straight of the track.

NB: The sand pit in the warm-up area will be used as a competition venue and must not be used as a warm up area. Athletes and coaches must make themselves familiar with the warm up etiquette. Athletes must listen for announcements made within the warm up area regarding potential call up and timetable changes.

Congestion outside the warm up area must be kept to a minimum. Athletes who are not warming up / cooling down for their events must not stay in this area and should return to their seats within the stand. To keep this area free please do not take large bags into the warm up area.

Call Room

Athletes must report to Call Room prior to their event. One Call Room will be in operation at this event which will cover both TRACK and FIELD events. The Call Room will be in the store room in the access corridor to the beginning of the home straight. Please see stadium layout diagram for the route from Warm Up to Call Room.

Track Athletes should report to Call Room with the least amount of kit as reasonably possible, but without wearing spikes. Footwear will be changed in the Track Assembly or Field Event area.

Vests, competitor numbers and spikes will be checked in the Call Room, and leg numbers will be distributed there. Athletes must compete in the colours of the club under which they entered, or **current** National Vest. Spike Length must not exceed 6mm. Please note spikes will NOT be on sale at these events.

Approximate Call Room reporting times:

Track 15mins Jumps 30mins Throws 30mins Pole Vault 40mins

All athletes must check the CALL ROOM SCHEDULE for full details.

If an athlete is in a field and track event at the same time, it is extremely important that they notify the Call Room when reporting in. Athletes will be collected from the field event site.

Combined Events Athletes will be required to report to Call Room prior to their first event, the start time of subsequent events will be advised by the Combined Event referee to athletes at the end of each event. Athletes are expected to report to the next event directly at the time advised by the Combined Event referee. Athletes are required to report to Call Room prior to their last event to collect Leg Numbers.

A Combined Events Notice Board will be available outside the Call Room, athletes must check this notice board for details of event start times.

Personal equipment, including phones and music players, should not be brought into the Call Room. Bags will be checked and any of these items will be removed.

Athletes found to be in possession of prohibited items in the field of play may be disqualified.

Personal items can be collected from the kit collection area after competition. Items will be left at the athlete's own risk. Drinks may be brought into the competition area, but only in sports-top drinking bottles.

Track Events

If HEATS are not required track finals will be run at HEAT time.

Athletes will be seeded as per Seasons Best/Personal Best times as stated at time of entry/closing date. Any changes to seed times should be reported in advance, but must be able to be verified via www.thepowerof10.info or an international equivalent. All performances must have been achieved within the last two years. Any requests to update the seed time on your entry must be submitted [by e-mail](#) before midnight on Wednesday 29th January.

Hurdles

Saturday - hurdles athletes will be allowed to warm up on the Straight Track 1020hrs (following the conclusion of the 60m races).

Sunday - hurdles athletes will be allowed to warm up on the Straight Track from 0900-0950hrs.

A limited number of hurdles will be available within the warm up area.

Starting Blocks

No personal starting blocks will be allowed in the arena. Stadium blocks will be provided at the relevant start areas. Tape measures for use with blocks will be available within the start areas.

False Start

All athletes should be aware that the current UK Rule 162 will be in operation at this event.

Field Events

Additional Trials – Combined Events and Para athletes will be permitted 3 trials only. Masters athletes achieving the Merit Standard will be permitted a further 3 trials.

Spectator access to the external jumping pit will be limited, spectators must collect a pass from security personal at the access stairwell in this area.

Competitors may use their own equipment provided it is checked in 75 minutes prior to event time, and that it is passed by the Technical Manager/Referee. All competitors will be allowed three attempts.

No vaulting poles will be available at the stadium.

Pole Vault Starting Heights will be 1m77 and rise in 10cm increments

High Jump Minimum Starting Heights

U13 Boys / U13 Girls 1m02

U15 Boys 1m27 / U15 Girls 1m07

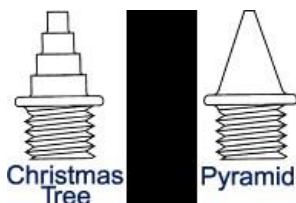
U17 Men 1m47 / U17 Women 1m27

And rise in 3cm increments.

Other Information

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 immediately. Spikes should not be worn outside of the Athletics Arena at any time. Track athletes must remove spiked footwear between warm up and call room. Field Athletes will only be permitted to wear spikes on the field of play.



Maximum spike length: 6mm, or 9mm for High Jump

Disqualification and Misconduct.

All athletes, officials, coaches and other club officials are requested to make themselves familiar with the following rules:

RULE 162 THE START / RULE 146 PROTESTS AND APPEALS / RULE 145 DISQUALIFICATION

These rules are available to download via the Fixtures page of www.scottishathletics.org.uk

UK Anti-Doping may be present at this event.

Presentations

Combined Events presentations will be conducted as soon as possible following the conclusion of the events and will be held on the podium within the arena.

There are no medals awarded in the Parallel Success Open Meeting.

Masters Athletes who have achieved the relevant medal standard can collect their medals from the admin/declarations area once the final result has been confirmed. Medal standards are available on the **scottishathletics** website and will be printed within the event programme.

Find us here: <https://www.emiratesarena.co.uk/Getting-Here/Pages/default.aspx>

Parking at the Emirates may be limited. When Celtic are playing at home, drivers should follow instructions from the Car Park Stewards.

Please note: there is a Glasgow Rocks Fixture on Sunday 2nd February, tip off 1700hrs. Parking will, therefore, be limited before this match.

Event Help Line

Mobile No. **07718526373** 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 number.