

**INFORMATION FOR ATHLETES**  
**National Indoor T&F Combined Events and Masters Championships**  
**Saturday 4<sup>th</sup> and Sunday 5<sup>th</sup> March 2017**  
**EMIRATES ARENA, GLASGOW**

We look forward to seeing you at the Emirates Arena, Glasgow for the National Indoor Combined Events and Masters Championships and wish you an enjoyable and rewarding competition.

All relevant information can be downloaded from the Fixture Page on the **scottishathletics** website by clicking the following links:

[Indoor Combined Events Championships](#)

[Indoor Masters Championships](#)

These will include: Event Timetable, Hurdle Specifications, Athlete Information, Medal Standards, Online Start Lists Link, Warm Up Area Etiquette, Online Results Link, Facility Layout, Highlighted UKA Rules and more.

These Championships will be held under UKA Rules for Competition Incorporating IAAF Rules effective from 1<sup>st</sup> April 2016. A copy is available for download from the British Athletics website [Competition Rules](#). In addition to the published rules within the Rule Book, all athletes and coaches should also make themselves familiar with the IAAF Rules effective from 1<sup>st</sup> November 2015.

Admission

Open from 0830hrs via the first floor concourse (Level 3)

Cost: £3 per person, Under 16's are FREE. Coaches FREE on production of valid coaching license.

Please note due to the UK heightened security level bag checks may be in operation within the stadium.

SUITCASES – Suitcases are not permitted within the facility and must not be brought to the Championships.

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

Programmes will also be on sale for £1 per copy.

Declarations

Level 3 Concourse

Declarations Opening Hours: Saturday 4<sup>th</sup> March from 0830hrs

Sunday 5<sup>th</sup> March from 0830hrs

**Please do not access the arena via the ground floor.**

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

**Athletes must declare separately for each event they intend to participate in and ensure their name is circled on the entry list for all events.**

Pole Vault 75mins prior to Event Start Time

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

Combined Events athletes will be issued ONE set of numbers only for both Saturday and Sunday.

Please inform the Referee if you are not fit to continue in an event for which you have declared.

**IMPORTANT INFORMATION (Accreditation)**

Access to the competition arena on the ground floor of the Emirates will be restricted to scottishathletics officials, athletes and coaches on production of their valid UKA Licence. Spectators and non-competing athletes will not be permitted to roam in this area.

**Please note:** Coaches will be issued a wrist band at admissions, this wrist band will grant access to the WARM UP area, to obtain a wrist band coaches must produce a valid UKA Coaching Licence.

Athletes must wear or have possession of their race number once they declare to access this part of the arena.

Parents and spectators and non-competing athletes are required to occupy only the seating areas on the first floor of the arena, overlooking the track at all times during our national events.

Coaches are advised to make sure their UKA licence is up to date, if in doubt please contact the **scottishathletics** office.

Any club who are unable to have a suitably qualified club coach in attendance can contact **scottishathletics** for special accreditation – One additional Warm Up accreditation pass will be issued to a named contact. Requests must include – Name, Email Address, Contact No and list of athletes supporting and be submitted to [event@scottishathletics.org.uk](mailto:event@scottishathletics.org.uk) no later than Thursday 2<sup>nd</sup> March 2017. Clubs should be aware of current legislation and practice for the Protection of Vulnerable Groups and such volunteers must be up to date members of the PVG scheme.

### COMPETITION NUMBERS

Issued at declarations.

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

### Warm Up Area

Located behind the seating on the back straight of the track.

NB The Sand Pit in this area will be used as a competition venue and should not be used as a warm up area.

Hurdle athletes will be allowed to warm up on the track from 0910-0950hrs, a limited number of hurdles will also be within the warm up area.

Athletes; Coaches; Officials and Spectators 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 'base' themselves in this area and should return to their seats within the stand.

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.

Athletes should not wear headphones in the warm up area, this is both for the Safety of themselves and other athletes as well as being able to listen to important announcements.

### 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.

Athletes changing, warm-up and athletes Call Room will be clearly signposted.

### TRACK EVENTS

Athletes will be seeded as per Seasons Best/Personal Best times as stated at time of entry. Any changes to performance should be reported in advance but must be verified at [www.powerof10.info](http://www.powerof10.info).

After each event athletes will be escorted from the track to kit collection.

If Heats are not required Finals will run at HEAT time.

Saturday Hurdle athletes will be allowed to warm up within the arena from 1025hrs (following the conclusion of the 60m races).

Sunday Hurdle athletes will be allowed to warm up within the arena from 0900-0950hrs.

A limited number of hurdles will be available within the Warm Up area.

### FIELD EVENTS

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.

Athletes should note UKA Rule 187S1 Competitors may use any implements provided for general use. An athlete shall not use another's implement without the owner's prior permission.

#### High Jump

U13 Starting Height will be 1m02 and rise in 3cm increments.

U15 Starting Height will be 1m08 and rise in 3cm increments.

#### Pole Vault

A rising bar will be used for Pole Vault Warm up.

No vaulting poles will be available at the stadium.

**If an athlete is in a field and track event at the same time, it is extremely important that you notify the Call Room when reporting in.**

#### CALL ROOM

Athletes must report to Call Room prior to their event.

One Call room will operate the previous shop area accessible via Level 2 concourse.

Track Athletes should report to Call Room "Ready to Race" short walking distance without spikes will be required

Call Room reporting times: Track 15mins Jumps 30mins Throws 30mins Pole Vault 60mins

**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 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 event referee. Athletes are requested to report to Call Room prior to their last event to collect Leg Numbers.**

Personal equipment, including phones, iPod/mp3/CD players should not be brought into the Call Room.

Bags will be checked and any of the above items will be removed.

Only Sports Top drinking bottles will be allowed in the arena.

Personal items can be collected from the kit collection area after competition.

Items will be left at the athletes own risk.

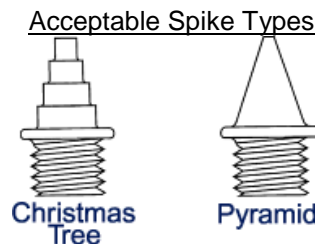
Vests, competitor numbers and spikes will be checked in the Call Room and leg numbers will be distributed there.

Athletes must compete in the colours of the club under which they entered or a National Vest.

Spike Length must not exceed 6mm. Please note spikes will NOT be on sale at these events.

#### Spike Usage for Mondo Surfaces

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.



Maximum spike length 6mm, 9mm for High Jump

#### Other Information

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

UK Anti-Doping may be present at this event.

Qualifying conditions for any subsequent rounds will be declared immediately prior to the start of the event. Please inform the Referee if you are not fit to continue in an event for which you have qualified or declared. You shall be excluded from further participation in any event if you qualify for an event in which you do not participate.

Presentations – Masters athletes who have achieved the relevant performance standard can collect their medals from the area beside the circular track finish.

**POTENTIAL TRAVEL DISRUPTION**

Road improvement works on the M8/A8, M73 and M74 may cause delays for some athletes travelling to Glasgow, please check ahead via [www.transport.gov.scot](http://www.transport.gov.scot) and allow sufficient time for your journey.

**Accommodation:** Preferential Rates if available from IBIS Styles Glasgow George Square, 74 Miller Street, Glasgow G1 1DT. Quote “scottishathletics” at time of booking.

**Travel Information** <http://www.emiratesarena.co.uk/visitor-info/Pages/default.aspx>

**NOTE: Glasgow Rocks have a home fixture on Sunday 5<sup>th</sup> March with a 5pm Tip Off, this may result in reduced parking within the facility.**

**Event Clash:**

Celtic Football Club have a home fixture on Sunday 5<sup>th</sup> March with a 1230pm kick off, athletes should allow sufficient time to declare 60mins prior to their advertised event start time. Parking will also be limited at the Emirates Arena.

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

**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 telephone/mobile number.