



2018 FPSG scottishathletics National Indoor 4x200m Relay Championships
Saturday 3rd February 2018
Emirates Arena, Glasgow

Information for Clubs and Team Managers

We look forward to seeing you at the Emirates Arena, Glasgow for the National Indoor Relay 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 link:

[2018 scottishathletics National Indoor 4x200m Relay Championships](#)

Qualifying Heats Information

Senior Men and Senior Women's 4x200m Relay Championships will be concluded on Saturday 3rd February. Under 13; Under 15 and Under 17 qualifying heats will be held on Saturday 3rd February with FINALS being held on Sunday 25th February as part of the Muller Indoor Grand Prix.

Relay finalists will be given 5 Free tickets per team – this is one for each athlete + one for each Team Manager. All other tickets will need to be purchased. Further information will be emailed to team managers in advance of the Muller Indoor Grand Prix.

These Championships will be held under UKA Rules for Competition Incorporating IAAF Rules effective from 1st 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 1st November 2015.

Admission

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

Cost: £3 per person, Under 16's 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.

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

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.

Declarations

Level 3 Concourse – No access will be granted via the Ground Floor

Declarations Opening Hours: Saturday 3rd February from 0830hrs

Event Closing Times: 60mins prior to Event Start Time

Team Managers must return completed Team Declaration sheets to receive their allocated number packs. It is vital that athletes wear the same number under which they have been 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. One additional wrist Band per entered team will be within each Race Pack.

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 no later than Thursday 1st February 2018. 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.

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.

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.

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.

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.

CALL ROOM

Athletes must report to Call Room prior to their event. One Call Room will be in operation at this event. 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.

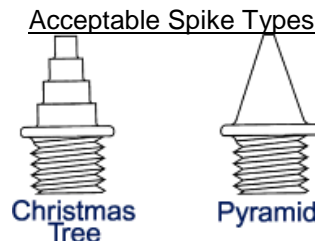
Track Athletes should report to Call Room "Ready to Race" a short walking distance without spikes will be required
Call Room reporting times: Track 15mins

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

Relay Changeovers – Rules of Competition

Athletes, Coaches, Parents and Team Managers must be aware of UKA Rule 170 and 218 relating to relay races.

It should be noted that Track Officials are in place to ensure adherence to the rules, they are not obliged to instruct or coach athletes in any way.

RELAY RACES – COMPOSITION OF TEAMS

Rule 170.10

Each member of a relay team may run one leg only. Once a relay team has started in a competition, only two additional athletes may be used as substitutes in the composition of the team. If a team does not follow this Rule, it shall be disqualified.

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Athletes who are members of teams already eliminated from a competition may be used as substitutes in further rounds on the provision that they have been named as reserves at the time of declaration.

4 x 200m – The second leg athlete shall break at the green line at the end of the first bend. As per Rule 218 there is NO acceleration zone. Athletes are not permitted to start running outside of the take-off zones, and shall start within this zone.

Other Information

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

Qualifying conditions for any subsequent rounds will be declared immediately prior to the start of the event.

Eligibility

Athletes who are competing in the Combined Events Championships are NOT eligible to compete in the Relay Championships.

UK Anti-Doping may be present at this event.

Presentations

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

Accommodation: Preferential rates, if available, from GoGlasgow Urban Hotel, 517 Paisley Road West, Glasgow, G51 1RW. Call 0141 4273146 and quote SCOTATH18 at time of booking.

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

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.