

**2019 FPSG scottishathletics National Indoor 4x200m Relay
Championships**

**Saturday 16th February 2019
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 this link: [FPSG scottishathletics National Indoor 4x200m Relay Championships](#)

Qualifying Heats Information

Senior Men's and Senior Women's 4 x 200m Relay Championships will be concluded on **Saturday 16th February**.

Under 13, Under 15 and Under 17 qualifying heats will be held on **Saturday 16th February** with finals being held on **Friday 1st March as part of the European Athletics Indoor Championships**. Teams that qualify for the final should complete parental and filming permission forms which can be collected from Declarations at the end of the day on **16th February**.

Relay finalists (U13, U15 and U17) will be given 7 free tickets per team to the Friday evening session at the European Indoor Championships. This is one for each athlete (4 + 2 reserves) + one for the Team Manager. Any other tickets teams would like will need to be purchased separately.

Tickets are now on sale at a 10% Discount for Relay finalists – simply visit www.glasgow2019athletics.com at the box office use Promo Code EAClub10.

It is expected the finals will run from approximately 6pm on Friday 1st March.

These Championships 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](#).

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 that 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.

Pushchairs 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 16th February from 0830hrs

Team Managers may request declaration sheets in advance by emailing events@scottishathletics.org.uk, these will be emailed on Thursday 14th February.

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.

Any changes made to a team's running order between rounds **must** be reported to Declarations as soon as possible, **before athletes report to call room**. After the call time for that round, further changes cannot be made. Teams who do not notify Declarations of changes may not be permitted to race.

Event Help Line

Athletes who may be running late must contact Mobile no. **07718 526 373** to notify us of your arrival. If unanswered, a message should be left detailing name, issue and return contact telephone number.

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 wristband at admissions. This wristband will grant access to the warm up area. To obtain a wristband coaches, must produce a valid UKA Coaching Licence. Athletes must wear, or have possession of, their race number to access this part of the arena.

One additional wristband per entered team will be within each Race Pack. Should any club require an additional wristband, they can request special accreditation – one additional Warm Up accreditation pass may 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 14th February 2019. 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 as soon as possible.

Competition Numbers

Numbers are 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.

Athlete's changing, warm-up and athlete's Call Room will be clearly signposted.

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.

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 posted around the venue 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.

Call Room reporting times: Track 15mins

CHECK CALL ROOM SCHEDULE FOR FINAL CALL TIMES.

Team Managers **MUST** report any changes to their teams before their teams go to Call Room.

Personal equipment, including phones and music 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.

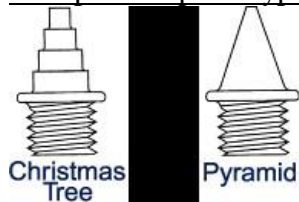
Vests, competitor numbers and spikes will be checked in the Call Room and leg numbers will be distributed there. Athletes must compete in the colours of the club under which they entered.

Spike Usage for Mondo Surfaces

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

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.

Acceptable Spike Types



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.

Composition of Relay 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.

scottishathletics Addition: Athletes who are members of teams already eliminated from a competition may be used as substitutes in further rounds in another team from the same club, on the provision that they have been named as reserves at the time of declaration and the Team Manager has notified Declarations of the change to their line up before the team has reported to call room.

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.

Eligibility

Athletes who are competing in the Combined Events Championships on Saturday 16th February are NOT eligible to compete in the Relay Championships on the same day, but may be named as a reserve on the declaration form and run in later rounds of the competition.

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.

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.

UK Anti-Doping may be present at this event.

Accommodation: Preferential rates, if available, from GoGlasgow Urban Hotel, 517 Paisley Road West, Glasgow, G51 1RW. Call 0141 4273146.

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