

**INFORMATION FOR ATHLETES**  
**FPSG scottishathletics National Indoor Age Group Championships**  
**Saturday 2<sup>nd</sup> and Sunday 3<sup>rd</sup> February 2019**  
**EMIRATES ARENA, GLASGOW**

We look forward to welcoming you to the Emirates Arena, Glasgow for the FPSG **scottishathletics** National Indoor Age Group Championships, we wish you an enjoyable and rewarding competition.

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

Saturday 2<sup>nd</sup> February – [FPSG scottishathletics National Indoor U13 Championships](#)

Sunday 3<sup>rd</sup> February – [FPSG scottishathletics National Indoor U15 Championships](#)

Saturday 2<sup>nd</sup> and Sunday 3<sup>rd</sup> February – [FPSG scottishathletics National Indoor U20 Championships](#)

This Event will be held under UKA Rules for Competition Incorporating IAAF Rules effective from 1<sup>st</sup> 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 warm up area accreditation pass per club 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](mailto:events@scottishathletics.org.uk) no later than Wednesday 31<sup>st</sup> January 2019. Clubs should be aware of current legislation and practice for the Protection of Vulnerable Groups, and volunteers applying for accreditation must be up to date members of the PVG scheme.

**Arrival**

Admission

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

Cost: £5 per person which includes Programme.

Under 16's: FREE

Coaches: FREE, on production of valid coaching licence.

Programmes will be on sale for £2 per copy.

**Please do not access the arena via Level 2.**

**SUITCASES – Suitcases are not permitted within the facility and must not be brought to this event.**

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

### Declarations

Location: Level 3 Concourse

Opening Hours: Saturday 2<sup>nd</sup> February 2019 0830-1440hrs

Sunday 3<sup>rd</sup> February 2019 0830-1445hrs

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. Under 20 athletes will be issued with ONE set of numbers to be used each day.

### 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.

#### **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.

Any withdrawals from individual events must be reported to declarations as soon as possible.

### **Warm Up Area**

The warm up area is located behind the seating on the back straight of the track. Hurdles athletes will be allowed to warm up on the track from 0910-0950hrs

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 posted around the venue. 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 each of their events. 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 must report to call room with the minimum 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 a **current** National Vest. Athletes dressed inappropriately may be asked to change, and event start times will not be delayed to accommodate. 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 final 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 by a member of the start team from the field event site.**

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. 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 to **scottishathletics** before 2pm on Thursday 31<sup>st</sup> February, and must be able to be verified via [www.powerof10.info](http://www.powerof10.info) or an international equivalent.

### 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

All competitors will be allowed three attempts. The top 8 athletes in each Field Event will receive a further 3 trials.

Spectator access to the external jumping pit will be limited. Spectators must collect a pass from security personnel 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.

**No vaulting poles will be available at the stadium.**

Pole Vault Starting Heights and progressions

U20 Women – 2m28-2m48-2m68-2m83-2m98-3m08 and 10cms thereafter

U15 Girls – 1m84

U20 Men – 2m68-2m88-3m08-3m23-3m38-3m48 and 10cms thereafter

U15 Boys – 2m04

High Jump Starting Heights and progressions

U13 Girls – 1m13      U13 Boys – 1m13

U15 Girls – 1m23      U15 Boys – 1m28

U20 Women – 1m43      U20 Men – 1m68

All heights will increase by 5cm

Triple Jump Available Boards

U20M 11m + 13m

U20W 9m + 11m

U15B/U15G 7m + 9m

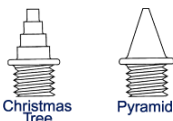
U15 athletes will be restricted to a maximum run up distance of **22m** from the take off board.

### 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

UK Anti-Doping may be present at this event.

Travel Information <https://www.emiratesarena.co.uk/Getting-Here/Pages/default.aspx>

Accommodation: Preferential Rates if available from GoGlasgow Urban Hotel, 517 Paisley Rd, Glasgow, G51 1RW. Tel 0141 4273146 and quote SCOTATH19 at time of booking.

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