



### **IMPORTANT INFORMATION FOR ATHLETES**

**scottishathletics COMBINED EVENTS/MASTERS/3000m INDOOR CHAMPIONSHIPS  
& U12 superTEAMS including U14/U18/U20 NATIONAL RELAY CHAMPIONSHIPS**

**SATURDAY 9 and SUNDAY 10 FEBRUARY 2013  
EMIRATES ARENA, GLASGOW**

We look forward to seeing you at the Emirates Arena, Glasgow and wish you an enjoyable and rewarding competition.

A Timetable for the event is attached. You can also access the timetable via the website [www.scottishathletics.org.uk](http://www.scottishathletics.org.uk). The Timetable is provisional and will be adhered to unless circumstances beyond the organisers control deem it necessary to alter. Admission to the venue is via the first floor concourse (PLEASE DO ENTER FROM THE GROUND FLOOR) Entry is chargeable for spectators at £3 per person; Coaches are free on proof of coaching license.

#### **IMPORTANT INFORMATION**

Access to the track area on the ground floor of the Emirates will be restricted to **scottishathletics** officials, athletes and coaches only. No-one else will be allowed to 'roam' in this area.

There is arena seating on each side of the track, can I ask that all spectators use the seating and only coaches, team managers, officials and athletes use the ground floor areas. This will allow flow of traffic and allow officials to carry out duties accordingly.

#### **COMPETITION NUMBERS**

These will be issued on declaration for your event. Only competitors wearing the correct number will be permitted to enter the main arena. **Numbers must not be folded, mutilated or concealed in any way.**

Athletes changing and warm-up will be clearly signposted. An indoor warm-up area will be provided and is located behind the seating on the back straight. Due to nature of this event a section of the warm-up pit will be used for competition purposes. Please respect other athletes competing and warming up. Hurdlers will be given time to warm-up on the track before event.

**Please Note - No personal starting blocks will be allowed in the arena.** Sufficient sets of Stadium Blocks will be provided at the relevant start areas **and these should not be removed from these points.**

Please note: **ATHLETES ARE WARNED THAT THERE SHOULD BE NO SPIKES WORN OUTWITH THE ATHLETICS ARENA AT ANY TIME.**

Athletes should declare their intention to compete **at least 60 minutes before event time**. Declarations will close **1 hour prior** to the time of the event, **70 minutes for Pole Vault**.

**\*Declarations will close at 2pm. Athletes registering after this time will NOT be granted permission to compete. Please inform the Referee if you are not fit to continue in an event for which you have declared.**

### **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. Where appropriate, competitors will be allowed three attempts. **No vaulting poles will be available at the stadium.**

**Minimum starting height for Pole Vault is 2.12m.**

### **HURDLE ATHLETES**

Please note hurdle event athletes will be given time before events to warm-up on the straight track, this must be cleared in advance with the Track Referee.

**Emirates Arena Opening Hours: The Emirates Arena is open to the public from 8.30am. Declarations for the first events open at 8.30am. Athletes competing in the morning sessions will be given priority over others. Entry will not be permitted before this time.**

**Spike Length: All athletes must not exceed 6mm spikes**

**\*IMPORTANT INFORMATION – Athletes must wear spikes as per the requirements above at the Emirates Arena otherwise athletes will be subject to disqualification. (Spikes will NOT be on sale at these Championships).**

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

**Please Note:** Photo finish will be in operation and care should be taken by spectators and athletes at the finish of the circular track. Your attention is drawn to UK Athletics Rule 22(2) regarding Misconduct – Athletes should make themselves aware of the content of this Rule. Random Anti Dope Testing may be carried out.

**False Starts:** Master Athletes should be aware that the current **UK Rule 111.15** will be in operation. Each athlete will be allowed one false start. In the result of a second false start the individual will be disqualified. Please note: This will not be the rule at Championship events.

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