

INFORMATION FOR ATHLETES
FPSG scottishathletics National Indoor Combined Events and Masters Championships
Saturday 3rd and Sunday 4th February 2018
EMIRATES ARENA, GLASGOW

We look forward to welcoming you to the Emirates Arena, Glasgow for the FPSG **scottishathletics** National Indoor Combined Events and Masters 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

[FPSG scottishathletics National Indoor Combined Events Championships](#)

[FPSG scottishathletics National Indoor Masters Championships](#)

This Event 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](#).

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 additional Warm Up Area accreditation pass 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 no later than Wednesday 31st January 2018. 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: £3 per person. Programmes will be on sale for £1 per copy.

Under 16's: FREE

Coaches: FREE, on production of valid coaching licence.

Please do not access the arena via Level 2.

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

Opening Hours: Saturday 3rd February 2018 from 0830hrs

Sunday 4th February 2018 from 0830hrs

If you are competing in more than one event, please ensure you declare for ALL events. Numbers issued at declarations must not be folded, mutilated or concealed in any way.

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

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

Pole Vault 75mins prior to Event Start Time

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

Any withdrawals must be reported to declarations as soon as possible.

If, on the day, you find you extenuating circumstances mean you cannot get to the stadium before declarations for your event close, please call us on the Event Helpline detailed below to declare by phone. You must provide a reason for not declaring on time, and still report to declarations as soon as you arrive.

Warm Up Area

The warm up area is located behind the seating on the back straight of the track.

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. 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 their event. 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 should report to Call Room “ready to race” 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 National Vest. 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 full 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.

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 required to report to Call Room prior to their last event to collect Leg Numbers.

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.

Athletes found to be in possession of prohibited items in the field of play may be disqualified.

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 in advance, but must be able to be verified via www.powerof10.info or an international equivalent.

800m M35 & 800m M40 will be seeded as timed finals with medals awarded to the three fastest times regardless of which heat it is achieved in.

Hurdles

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

Sunday Hurdles 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.

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

Additional Trials – Combined Events athletes will be permitted 3 trials only. Masters athletes achieving the Merit Standard will be permitted a further 3 trials.

Spectator access to the external jumping pit will be limited, spectators must collect a pass from security personal 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. All competitors will be allowed three attempts.

No vaulting poles will be available at the stadium.

Pole Vault Starting Height will be 1m77 and rise in 20cm increments.

High Jump Minimum Starting Heights

U13 Boys / U13 Girls 1m02

U15 Boys / U15 Girls 1m07

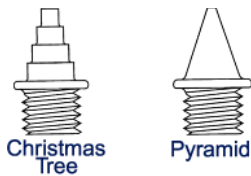
U17 Men 1m41 / U17 Women 1m23

And rise in 5cm increments.

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

These rules are available to download via the Fixtures page of www.scottishathletics.org.uk

UK Anti-Doping may be present at this event.

Other Information

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

Track and Field Championship Rule for **scottishathletics** members with multiple club memberships

- Athletes who do not have a Scottish Club affiliation on the provision they are a member of their National Governing Body can compete for their non Scottish Club at the Championships.
- **scottishathletics** athletes who in addition to being a member of a Scottish Club are also members of a **non-Scottish Club** should compete for their Scottish Club at all **scottishathletics** Championship events.
- **scottishathletics** athletes who are members of more than one Scottish Club can choose which club they intend to represent this must be done at the point of entry. This is regardless of their membership status of each club.

- Athletes may only compete for one Scottish Club at **scottishathletics** Championship events over the course of any competition year. (Running annually from 1st October). i.e. Athletes must compete for the same club in the District and National Championships. (Except Track and Field Relays)
The above rule will allow athletes who have changed their first claim club for competition purposes to be eligible to compete in District and National Championships for the club of their choosing.

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

Accommodation: Preferential Rates if available from GoGlasgow Urban Hotel, 517 Paisley Rd, Glasgow, G51 1RW. Tel 0141 4273146 and quote SCOTATH18 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.

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 number.