



IMPORTANT INFORMATION FOR ATHLETES

The McCain NATIONAL SENIOR INDOOR TRACK & FIELD CHAMPIONSHIPS, U14 COMBINED EVENT CHAMPIONSHIPS AND U16 TRACK & FIELD RELAY CHAMPIONSHIPS SUNDAY 17th FEBRUARY 2013 – EMIRATES ARENA, GLASGOW

We look forward to seeing you at the Emirates Arena, Glasgow for the McCain National Senior Track & Field Championships and U14 CE Championships 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. 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 and chargeable for spectators at £3 per person; Coaches are free on proof of coaching license.

Please note that there is no game on at Celtic Park on the 17th although parking will still be limited and on a first come first serve basis.

On arrival at the Emirates Arena you will be directed to Athletes Registration in the main first floor concourse. **Please do not access the arena via the ground floor.**

IMPORTANT INFORMATION (Accreditation)

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

Please note: Coaches **must** have the Licence on their person to access trackside and the warm-up area. Athletes must wear or have possession of their race number once they declare to access this part of the stadium.

For clarity: parents are required to occupy only the seating areas on the first floor of the Arena, over-looking the track, **at all times during our national events.**

We need these procedures to be followed for all **scottishathletics** events at the Glasgow venue – including McCain Indoor age-groups and– so coaches are advised to make sure their UKA Licence is up to date. If you are in doubt about your license please email joanne.dennis@scottishathletics.org.uk.

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, warm-up and athletes Call Room will be clearly signposted. An indoor warm-up area will be provided and is located for Senior athletes and U16 Relay athletes 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 OTHER THAN THE CALL ROOM.**

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.

TRACK EVENTS

Seeding and lane draws are based on IAAF rule 214. Favoured lanes for seeding are as follows:

Circular track: Lanes 6 and 5

Straight: Lanes 4 and 5

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 with the top eight athletes qualifying for a further three attempts. **No vaulting poles will be available at the stadium.**

Minimum starting height for Pole Vault is 2.12m.

If an athlete is in a field and track event at the same time, it is extremely important that you please notify the Call Room when reporting in.

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.

CALL ROOM

Athletes must report to Call Room prior to their event. 20 minutes for track athletes, 30 minutes for horizontal jumps and throws, 50 minutes for High Jump, 60 minutes for Pole Vault.

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 brought to the Call Room will be removed and sealed in named bags. Sports drinks will be allowed in the arena however cans of drinks will **NOT** be permitted.

Personal items can be collected from the holding area outside Call Room after competition. Items will be left at the athletes own risk.

Vests, bib numbers and spikes will be checked in the Call Room and leg numbers will be distributed here. Athletes must compete in the colours of the club under which they entered or a National vest.

Spikes will be checked in the Call Room before each event.

Spike Length: All athletes must not exceed 5mm spikes with the exception of HIGH JUMP – 6mm Max.

***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 Start: The National Senior Indoor Track & Field Championships, U14 CE Championships and U16 Relay Track & Field championships will operate under **UKA rules**. Please note False Start Equipment will be in operation for the senior 60m and 60m Hurdle events only. Athletes should be aware that the current UK Rule 111 will be in operation for seniors and U20 athletes only.

Qualifying conditions for any subsequent rounds will be declared immediately prior to the start of the event. Please inform the Referee if you are not fit to continue in an event for which you have qualified or declared. You shall be excluded from further participation in any event if you qualify for an event in which you do not participate without giving a valid reason to the Referee (UK Athletics Rule 115). This Rule applies to both Track & Field events.

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

