

**INFORMATION FOR ATHLETES**  
**2017 scottishathletics Indoor U13 U15 and U20 Track & Field Championships**  
**Saturday 11<sup>th</sup> February**  
**Sunday 12<sup>th</sup> February**  
**EMIRATES ARENA, GLASGOW**

We look forward to welcoming you to the Emirates Arena, Glasgow for the scottishathletics Indoor Age Group 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 the following links:

Saturday 11<sup>th</sup> February - [2017 Under 13 Indoor Track & Field Championships](#)

Sunday 12<sup>th</sup> February - [2017 Under 15 Indoor Track & Field Championships](#)

Saturday 11<sup>th</sup> and Sunday 12<sup>th</sup> February - [2017 Under 20 Indoor Track & Field Championships](#)

These will include: Event Timetable, Hurdle Specifications, Athlete Information, Online Start Lists Link, Warm Up Area Etiquette, Online Results Link, Facility Layout, Highlighted UKA Rules and more.

These Championships will be held under UKA Rules for Competition Incorporating IAAF Rules effective from 1<sup>st</sup> April 2016. A copy is available for download from the British Athletics website [Competition Rules](#). In addition to the published rules within the Rule Book, all athletes and coaches should also make themselves familiar with the IAAF Rules effective from 1<sup>st</sup> November 2015.

**Admission**

Open from 0830hrs via the first floor concourse (Level 3)

Cost: £5 per person (including Programme), Under 16s are FREE. Coaches FREE on production of valid coaching licence.

Programmes on sale for £2 per copy.

Please note due to the UK heightened security level bag checks may be in operation within the stadium.

SUITCASES – Suitcases are not permitted within the facility and must not be brought to the Championships.

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

**Declarations**

Level 3 Concourse

Declarations Opening Hours:    Friday 10<sup>th</sup> February 1800-1900hrs for Saturday Events only  
   Saturday 11<sup>th</sup> February from 0830hrs for Saturday Events only  
   Saturday 11<sup>th</sup> February from 1500hrs for Sunday Events  
   Sunday 12<sup>th</sup> February from 0830hrs for Sunday Events Only

Under 20 Athletes will be issued ONE set of numbers only for both Saturday and Sunday.

**Please do not access the arena via the ground floor.**

**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.

Please inform the appropriate Referee if you are not fit to continue in an event for which you have declared.

**IMPORTANT INFORMATION (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 wrist band at admissions, this wrist band will grant access to the WARM UP area, to obtain a wrist band coaches must produce a valid UKA Coaching Licence.

Athletes must wear or have possession of their race number once they declare to access this part of the arena.

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.

Any club who are unable to have a suitably qualified club coach in attendance can contact **scottishathletics** for special accreditation – One additional Warm Up accreditation pass will 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](mailto:event@scottishathletics.org.uk) no later than Thursday 9<sup>th</sup> February 2017. 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.

### COMPETITION NUMBERS

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 and must not be used as a warm up area

Hurdle athletes will be allowed to warm up on the track from 0910-0950hrs, a limited number of hurdles will also be within the warm up area.

Athletes; Coaches; Officials and Spectators must make themselves familiar with the Warm Up etiquette.

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.

Athletes must listen for announcements made within the warm up area regarding potential Call Up and timetable changes.

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.

### 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.

Athletes changing, warm-up and athletes Call Room will be clearly signposted.

### TRACK EVENTS

If Heats are not required track finals will be run at HEAT time.

Athletes will be seeded as per Season's Best/Personal Best times as stated at time of entry/closing date. Any changes to performance should be reported in advance but must be verified via [www.powerof10.info](http://www.powerof10.info).

After each event athletes, will be escorted from the track to kit collection.

## **FIELD EVENTS**

Additional Trials – 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. Equipment can be checked in within the declarations area.

Athletes should note UKA Rule 187S1 Competitors may use any implements provided for general use. An athlete shall not use another’s implement without the owner’s prior permission.

### **High Jump**

U13G Minimum Starting Height 1m07 / U13B Minimum Starting Height 1m12 and will increase in 5cm increments.

U15G Minimum Starting Height 1m22 / U15B Minimum Starting Height 1m32 and will increase in 5cm increments.

U20W Minimum Starting Height 1m27 / U20M Minimum Starting Height 1m67 and will increase in 5cm increments.

### **Pole Vault**

Warm Up – Pole Vault Warm up will be permitted within the arena from 0900hrs. A rising bar will be used for Pole Vault Warm Up.

No vaulting poles will be available at the stadium.

U15 Minimum Starting Height 2m02 and will progress 2m22-2m37-2m52-2m62-2m72-2m82-2m92-2m97 and 5cm thereafter.

U20W Minimum Starting Height 2m26 and will progress 2m46-2m56-2m66

U20M Minimum Starting Height 2m56 and will progress 2m76-2m96-3m11-3m26-3m41-3m51-3m61-3m66 and 5cm thereafter.

### **Triple Jump**

U15 Available Boards 7m/9m. Run ups will be restricted to a maximum run up of 15m from the take-off board.

U20W Available Boards 9m/11m / U20M Available Boards 9m/11m

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

## **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. It will be clearly signposted and situated within the arena near the Start/Finish area of the Circular Track.

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.

Call Room reporting times:      Track 15mins    Jumps 30mins    Throws 30mins    Pole Vault 40mins

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 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.

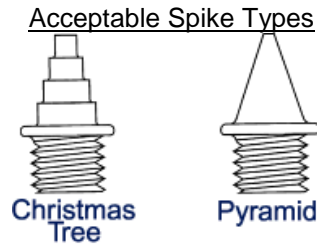
Vests, competitor numbers and spikes will be checked in the Call Room and leg numbers will be distributed there.

Athletes must compete in the colours of the club under which they entered or a National Vest.

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

### **Spike Usage for Mondo Surfaces**

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.



Maximum spike length 6mm, 9mm for High Jump

### **Presentations**

Presentations will be conducted as soon as possible following the conclusion of the events and will be held on the podium within the facility.

Track Athletes must report directly to presentations immediately following kit collection. Field Medallists will be escorted to presentations directly from the competition area.

### **Other Information**

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

### **Event Restrictions**

In accordance with UKA Rules of Competition, Rule 141 S1:

#### **U13s**

- Other than when competing in a combined event U13's may compete in a maximum of 4 events on the day of an athletics meeting, and if so doing, one of these must be a relay
- No athlete in this age group is allowed to compete in any race at 300m & 400m, nor in more than one race between 600m and 1mile inclusive on the same day (24hr Period).
- 800m and 1500m races will be run as Timed Finals. These will be seeded according to athletes declared seed times and personal bests. Medals will be awarded to the three fastest times recorded, regardless of which Timed Final they were achieved in.

#### **U15s**

- Other than when competing in a combined event U15's may compete in a maximum of 4 events on the day of an athletics meeting, and if so doing, one of these must be a relay
- No athlete in this age group is allowed to run in more than one different event between 600m and 3000m inclusive on the same day (24hr period).

#### **U20s**

- Junior's may not compete in more than 5 events on the same day of an athletics meeting. If Junior's are competing in a combined event they are not allowed to compete in any other event on the same day.
- Juniors may only run in track events up to and including 10000m.
- U17 athletes competing as U20 athletes within these championships must still adhere to their Age Group rules. i.e. they may only compete in a maximum of 3 events on the day of an athletics meeting.

**Disqualification and Misconduct.**

All athletes, officials, coaches and other club officials are requested to make themselves familiar with the following rules:

RULE 163(2) THE RACE / RULE 146 PROTESTS AND APPEALS / RULE 145 – MISCONDUCT

These rules are available to download via the Fixtures page of [www.scottishathletics.org.uk](http://www.scottishathletics.org.uk)

UK Anti-Doping may be present at this event.

**False Start:** The Championships will operate under UKA rules.

All athletes should be aware that the current UK Rule 162 will be in operation i.e. no false start will be allowed without the liability of disqualification of any false starting athlete. 162 S1 refers to U13 and U15 athletes who will receive a warning for one false start and disqualification for two false starts.

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

**POTENTIAL TRAVEL DISRUPTION**

Road improvement works on the M8/A8, M73 and M74 may cause delays for some athletes travelling to Glasgow, please check ahead via [www.transport.gov.scot](http://www.transport.gov.scot) and allow sufficient time for your journey.

**Event Clash:**

Celtic Football Club have a home fixture on Saturday 11<sup>th</sup> February with a 12noon kick off, athletes should allow sufficient time to declare 60mins prior to their advertised event start time. Parking will also be limited at the Emirates Arena.

**Accommodation:** Preferential Rates if available from IBIS Styles Glasgow George Square, 74 Miller Street, Glasgow G1 1DT. Quote “scottishathletics” 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 telephone/mobile number.