



*** IMPORTANT INFORMATION FOR ATHLETES ***

scottishathletics MASTERS & COMBINED EVENTS INDOOR CHAMPIONSHIPS
SATURDAY 23 and SUNDAY 24 January 2010 - KELVIN HALL

We look forward to seeing you at the Kelvin Hall for these Championships and wish you an enjoyable and rewarding competition.

Please find attached a Provisional Timetable for the Championships. The Timetable is provisional and will be adhered to as far as possible unless circumstances beyond the organisers control deem it necessary to alter.

Please note that where heats are not required, finals will be run at heat time.

Entry to the Championships for athletes and spectators is free and Programmes will be on sale at **£2** however please note that Car Park charges now apply in the Kelvin Hall Car Park. On arrival at the foyer of the Kelvin Hall you will be directed to the Athletes Declaration Area.

On entry to the arena you will be directed to Athletes' Registration. **Athletes are advised that Competitor Numbers must be worn as issued and NOT cut, folded or mutilated in any way.**

It is essential for the smooth running of the Championships, that athletes declare their intention to compete **NO LESS THAN 60 minutes** prior to the starting time of the event and that any withdrawal is advised as soon as possible. All declarations will close at 2pm.

Athletes should go the event area well in advance of event start time.

Track – 10 minutes
Field – 20 minutes
High Jump – 30 minutes
Pole Vault – 45 minutes

Please Note - Personal starting blocks will not 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. Spikes must not be worn outwith the athletics arena.**

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. 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 appropriate Referee. (UK Athletics Rule 115). This Rule applies to both Track & Field events.

Combined Event Participants

Please find enclosed an Athlete Detail Sheet for the event that must be completed and handed to Declaration Staff when reporting. **Please fill in the form relevant to your age group.**

Please note that declarations for the Combined Events close at 9.30am on both days. Athletes competing on both days are reminded that **they are required to declare before 9.30am on BOTH days.**

It is important that Combined Events athletes check with Officials as to the time of their next event.

Masters

If an athlete is in a field or track event at the same time, please report to the Call Room and inform an official of your location so that you can be collected from there.

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.

Spike Length: Max 5mm spikes must be worn by all athletes 6mm for High Jump.

A warm-up area will be situated in the upper gallery. Hurdlers will be allowed time on the track prior to the start of their race.

Field Events: competitors may use their own equipment provided it is “checked in” 90 minutes prior to event time and that it is passed by the Technical Manager. Where appropriate, competitors will be allowed three attempts and thereafter the leading **six** competitors will be allowed a further three trials. **No Vaulting poles will be available at the stadium.**

Victory Ceremonies: Presentation of awards will be made as soon as possible after the event. Medal winners must hold themselves available for presentation.

Anti Dope Testing: Random anti dope testing may be carried out.

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.

SECURITY OF PERSONAL BELONGINGS

It is suggested that you make use of the lockers, which are situated in the yellow corridor, for items of value.

