



IMPORTANT INFORMATION FOR ATHLETES

scottishathletics NATIONAL SENIOR INDOOR CHAMPIONSHIPS 2010

SATURDAY 6 FEBRUARY 2010 - KELVIN HALL

We look forward to seeing you at Kelvin Hall for these 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 as far as possible unless circumstances beyond the organisers control deem it necessary to alter. **IF HEATS ARE NOT REQUIRED Finals will be contested at HEAT time.** Entry to the Championship venue is free to athletes and programmes will be on sale however please note that Car Park charges now apply in the Kelvin Hall Car Park. On arrival at the Kelvin Hall you will be directed to Athletes Registration in the yellow corridor. **Please do not access the arena via the foyer doors.**

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** and **MUST**, where applicable, be retained for day two of the Championships

Athletes changing, warm-up and athletes Call Room will be clearly signposted. An indoor warm-up area will be provided within the main gallery.

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 first round of an event, **90 minutes for Pole Vault** and all declarations will close at 2 pm.

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.

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/Referee. Where appropriate, competitors will be allowed three attempts and thereafter the leading eight competitors will be allowed a further three trials. **No vaulting poles will be available at the stadium.**

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

Hurdle Athletes

Please note hurdle event athletes will be given time before events to warm-up on the straight track.

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.

Personal items can be collected from the Call Room after competition. All athletes will be asked to sign for their personal belongings.

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 track athletes must not exceed 5mm spikes. HIGH JUMP – 6mm Max.

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

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.

False Starts: Athletes should be aware that the current UK Rule 111 will be in operation.

