

## **IMPORTANT INFORMATION FOR ATHLETES**

### **The NATIONAL OPEN**

#### **SATURDAY 18th JANUARY 2014 – EMIRATES ARENA, GLASGOW**

Happy New Year! We look forward to seeing you at the Emirates Arena, Glasgow for the National Open and wish you an enjoyable and rewarding competition. This event is a non-Championship event and will run as an open graded competition. No medals will be awarded and athletes will compete in mixed gender events based on seeded performance. Performances are taken from what athletes have provided and from power of 10 as of the event closing date.

A Timetable and call up schedule for the event is attached. You can also access the timetable, call up schedule and the pool names via the website [www.scottishathletics.org.uk](http://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 have free entry on production of coaching license.

Please note that Celtic are playing Motherwell at Celtic Park on the 18<sup>th</sup> therefore parking will be limited. On arrival at the Emirates Arena please proceed to Athletes Registration in the main first floor concourse. **Please do not access the arena via the ground floor.**

**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.

#### **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 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 and spectators 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 Indoor age-groups and Senior Indoor champs – so coaches are advised to make sure their UKA Licence is up to date. If you are in doubt about this please email [joanne.dennis@scottishathletics.org.uk](mailto:joanne.dennis@scottishathletics.org.uk).

#### **ENTRIES ON THE DAY**

Due to the large number of entries received for the National OPEN there will be **NO ENTRIES TAKEN ON THE DAY.**

### **DECLARATIONS**

Please keep a note of which heat or pool you are competing in as this will assist the declaration team and reduce waiting times.

### **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 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.

**When using the warm up area athletes must obey the directional signs posted within the area i.e. run towards the sand pit and walk back using yellow area. To prevent incidents/accidents it is imperative that athletes 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 OUT WITH 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 4pm. 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**

All track events will be seeded fastest to slowest (Those with fastest times will be in the first heats).

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

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

**HEAT DETAILS AND CALL UP TIMES ARE ATTACHED AND WILL ALSO BE POSTED IN ADVANCE OUTSIDE THE CALL ROOM. PLEASE ADHERE TO THESE TIMES.**

**Please note for 2014 we have allocated declaration and call up times for each individual event. Athletes competing at The National OPEN should familiarise themselves with the timings featured on the timetable in the email attachment and adhere to these times.**

### **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. Competitors will be allowed three attempts except in vertical jumps and elite long jump competition.

**No vaulting poles will be available at the stadium.  
Minimum starting height for Pole Vault is 1m 77.**

**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.

### **CALL ROOM**

**Athletes must report to First Call Room prior to their event. See attached call rooms schedule. This will be on website and posted near call room area.**

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 top bottles will be allowed in the arena however cans/bottles without a sports top will **NOT** be permitted.

Personal items can be collected from the kit collection 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 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 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 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 Starts:** Athletes should be aware that the current **UK Rule 111.15** will be in operation. Each athlete will be allowed one false start. The outcome of a second false start is that the individual athlete will be disqualified. The rule only applies to an Open event.

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