



**The National Indoor Age Group Relay Championships 2016 & club:connect Relays  
Semi Finals and Finals Incorporated within the Glasgow Indoor Grand Prix  
Saturday 20<sup>th</sup> February 2016  
Emirates Arena, Glasgow**

**FINAL INFORMATION**

In 2016 the National Age Group Indoor Relay Championships will be given a unique opportunity to be part of the British Athletics Glasgow Indoor Grand Prix, allowing Scottish Athletes the opportunity to join some of the finest international athletes and provide an inspiring experience as well as an excellent day of racing.

This great opportunity means that the event will be organised in a different manner so please read the information carefully so you can prepare your club, teams & team managers accordingly.

**Getting there & parking**

There will not be any public car parking available for cars dropping off individuals, however up until 1030 athletes can be dropped off in the yellow car park. (See map). Coaches and mini busses (maximum of 15) will be able to park in the yellow car park.

IMPORTANT: Car parking is extremely limited so please leave plenty of travel time.

**Tickets**

Tickets are included within this pack, it is the clubs responsibility to look after and distribute these accordingly.

**Declarations & Accreditation**

Declarations will be held within sports hall of the Emirates Arena. **Access will be from 0900 directly from the car park in to the Sports hall** not via reception. Upon arrival Team managers are asked to pick up their team packs. These packs will include:

- Bib Numbers
- Wristbands – 1 per athlete (no wristband for reserve athletes not already assigned to a team, see note on reserves) plus a limited number for team managers.

Team Managers must complete and return the Athlete Consent forms included within this pack.

Each athlete must have a wristband in order to access the arena to sit down.

Teams Managers must declare their relay teams, by submitting a completed Relay Team Declaration Form, **no later than 1HOUR BEFORE their Semi Finals start.**

**Teams** – All teams must be made up from 4 of the 6 athletes originally declared for the Heats on 13<sup>th</sup> February 2016. No additional athletes can be added.

**Warm-up Areas**

Semi Finals – Those warming up for the heats can use the sports hall area or the warm – up track

Finals – Those warming up for the finals must ONLY use the sports hall area.

Athletes are kindly requested NOT to ask for autographs in the Warm Up area as athletes will be focused on their individual preparation and performances.

IMPORTANT: NO spikes are to be worn within the Sports Hall.



### **Call Room**

Teams must report to the Call Room according to a call room schedule. The schedule will be posted in advance at Declarations in the Sports hall. Please adhere to these times.

Teams must report to call room 'ready to run' i.e. no personal equipment. Please leave bags etc. in the Sports Hall to be picked up on your return.

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.

Spikes will be checked in the Call Room before each event. **Spike Length: Must not exceed 6mm. Please note spikes will not be on sale at these Championships.**

**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.

The National Age Group Indoor Relay Championships will operate under **IAAF Rules.**

### **Venue Movements & Accreditation**

Once a team has completed their Semi Final they will return to the Sports Hall to collect their kit.

*Finalists* - Team Managers of finalist teams, should pick up a Finals Accreditation for each member of that competing team and team manager. This will replace your wristband and are free to roam within reason.

*Non-finalists* – Will return to their seating block.

### **Concessions**

Please note only the café at reception will be open and accessible until 10:30 when the full venue will be open and become ticketed.

### **Spectator Access**

**As the event is sold out, only those with valid tickets will be allowed access to the seating areas.**

<b>TIMETABLE</b>			
<b>Time</b>	<b>M/W</b>	<b>Event</b>	<b>Round</b>
10:32	W	4 x 200m Club:Connect U13	Heat 1
10:38	W	4 x 200m Club:Connect U13	Heat 2
10:44	M	4 x 200m Club:Connect U13	Heat 1
10:50	M	4 x 200m Club:Connect U13	Heat 2
10:56	W	4 x 200m Club:Connect U15	Heat 1
11:02	W	4 x 200m Club:Connect U15	Heat 2
11:08	M	4 x 200m Club:Connect U15	Heat 1
11:15	M	4 x 200m Club:Connect U15	Heat 2
11:20	W	4 x 200m Club:Connect U17	Heat 1
11:26	W	4 x 200m Club:Connect U17	Heat 2
11:32	M	4 x 200m Club:Connect U17	Heat 1
11:38	M	4 x 200m Club:Connect U17	Heat 2
11:44	W	4 x 200m Club:Connect U13	Final
11:50	M	4 x 200m Club:Connect U13	Final
12:00	M	Triple jump	Final
12:06	W	4 x 200m Club:Connect U15	Final
12:12	M	4 x 200m Club:Connect U15	Final
12:18	W	4 x 200m Club:Connect U17	Final
12:24	M	4 x 200m Club:Connect U17	Final
		<b>GLASGOW INDOOR GRAND PRIX</b>	
12:30	M	Pole vault	Final
13:11	W	60m	Heat 1
13:21	W	60m	Heat 2
13:26	W	Long jump	Final
13:31	M	800m	Final
13:41	W	400m	Final
13:51	M	1500m	Final
14:01	M	60m hurdles	Heat 1
14:11	M	60m hurdles	Heat 2
14:21	W	800m	Final
14:32	W	60m	Final
14:37	W	High jump	Final
14:42	M	60m	Heat 1
14:52	M	60m	Heat 2
14:57	M	Long jump	Final
15:03	W	3000m	Final
15:18	M	400m	Final
15:28	W	1500m	Final
15:40	M	60m hurdles	Final
15:51	W	60m hurdles	Final
16:02	M	60m	Final
16:13	M	3000m	Final

Car Park Map



BRITISH  
ATHLETICS

Glasgow Indoor Grand Prix  
Emirates Arena  
1000 London Road, Glasgow, G40 3HG

**YELLOW**

