

INFORMATION FOR ATHLETES
National Under 13 Under 15 & Under 20 Indoor Championship
Saturday 5th and Sunday 6th March 2016
EMIRATES ARENA, GLASGOW

We look forward to seeing you at the Emirates Arena, Glasgow for the National Under 13, Under 15 and Under 20 Championships, we wish you an enjoyable and rewarding competition.

Saturday 5th March 2016

Click [here](#) for Event Timetable Click [here](#) for Online Entry Lists
Click [here](#) for Call Room Schedule Click [here](#) for Warm Up Area Etiquette
Click [here](#) for Hurdle Specifications Click [here](#) for Venue Layout

Sunday 6th March 2016

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Sunday Call Room schedule will be available [HERE](#) in due course.

Admission

Open from 0830hrs via the first floor concourse (Level 3)
Cost: £3 per person, Under 16's are FREE. Coaches FREE on production of valid coaching licence.
Please note due to the UK heightened security level bag checks may be in operation within the stadium.
Programmes will also be on sale for £3 per copy.

Declarations

Level 3 Concourse

Declarations Opening Hours: Friday 4th March 2016 1800-1900hrs for Saturday Events only
 Saturday 5th March 2016 0830-1400hrs for Saturday Events only
 Saturday 5th March 2016 1400-1500hrs for Sunday Events only
 Sunday 6th March 2016 0830-1400hrs for Sunday Events only

Under 20 Athletes must declare separately for each day of competition.

Please do not access the arena via the ground floor.

Event Closing Times: 60mins prior to Event Start Time
 Pole Vault 75mins prior to Event Start Time

Declarations will close at 1400hrs

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.

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 **must** have their 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.

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 no later than Thursday 3rd March 2016.

COMPETITION NUMBERS

Issued at declarations.

Numbers must not be folded, mutilated or concealed in any way.

NOTE: Under 20 athletes will be issued a new number for each day of competition and must declare to compete for each day of competition separately.

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 should not be used as a warm up area

Hurdle athletes will be allowed to warm up on the track from 0910-0950hrs

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

IAAF Rule 215 will be used to determine lane draws and seeding.

Track Finals will be run at the timetabled HEAT time.

Athletes will be seeded as per Seasons Best/Personal Best times as stated at time of entry. Any changes to seed times should be reported at declarations.

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

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. Where appropriate, competitors will be allowed three attempts with the top eight athletes qualifying for a further three attempts.

No vaulting poles will be available at the stadium. Minimum starting height for Pole Vault is 1.82m and will progress 1.82-2.02-2.12-2.22 and 10cm increments thereafter.

High Jump Opening height for U15 Girls will be 1.18m and will progress in 5cm increments.

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.

Long Jump: Only 2 meter take off boards will be in operation.

CALL ROOM

Athletes must report to Call Room prior to their event.

Track Call room will be situated in the previous shop area accessible via Level 2 concourse.

Field Call room will be situated next to the entrance to the Warm Up area.

Track Athletes should report to Call Room "Ready to Race" short walking distance without spikes will be required

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.

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 107:

U13

- 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
- No athlete in this age group is allowed to compete in Triple Jump events.

U15

- 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 **event** between 600m & 3000m inclusive on the same day
- Triple Jump 5m, 7m & 9m boards will be in operation only, in addition athletes will only be permitted a maximum run up of 15m.

U20

- Junior's may not compete in more than 5 events on the same day of an athletics meeting. If juniors are competing in a combined event they are not allowed to compete in any other event on the same day

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. UK Anti-Doping may be present at this event.

False Start: The Age Group Indoor Championships will operate under UKA rules.

All Under 20 athletes should be aware that the current UK Rule 111.14 will be in operation i.e. no false start will be allowed without the liability of disqualification of any false starting athlete.

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.

Accommodation: scottishathletics have agreed a preferential rate with the Holiday Inn Express at Strathclyde Park, to take advantage of this offer please follow the link [SCOTTISH ATHLETICS](#).

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

EVENT CLASH:

Celtic Football Club have a home fixture on Sunday 6th March with a 12noon kick off, athletes should allow sufficient time to declare 60mins prior to their advertised event start time. Parking may also be limited at the Emirates Arena.

Glasgow Rocks also have a home fixture on Sunday 6th March with a 5pm tip off, doors will open for basketball spectators at 4pm.

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.