

INFORMATION FOR ATHLETES
2017 scottishathletics Indoor Senior and Under 17 Track & Field Championships
Saturday 28th January 2017
EMIRATES ARENA, GLASGOW

We look forward to welcoming you to the Emirates Arena, Glasgow for the scottishathletics Indoor Senior and Under 17 Championships, and wish you an enjoyable and rewarding competition.

All relevant information can be downloaded from the Fixture Page on the **scottishathletics** website by clicking the following link: [2017 Indoor Senior Championships](#) or [2017 Indoor U17 Championships](#). These will include: Event Timetable, Hurdle Specifications, Athlete Information, Online Start Lists Link, Warm Up Area Etiquette, Online Results Link, Facility Layout, Highlighted UKA Rules and more.

These Championships will be held under UKA Rules for Competition Incorporating IAAF Rules effective from 1st April 2016. A copy is available for download from the British Athletics website [Competition Rules](#). In addition to the published rules within the Rule Book, all athletes and coaches should also make themselves familiar with the IAAF Rules effective from 1st November 2015.

Admission

Open from 0830hrs via the first floor concourse (Level 3)

Cost: £5 per person (including Programme), Under 16s are FREE. Coaches FREE on production of valid coaching licence.

Programmes on sale for £2 per copy.

Please note due to the UK heightened security level bag checks may be in operation within the stadium.

SUITCASES – Suitcases are not permitted within the facility and must not be brought to the championships.

Declarations

Level 3 Concourse

Declarations Opening Hours: Friday 27th January 2017 1800-1900hrs

Saturday 28th January 2017 from 0830hrs

Please do not access the arena via the ground floor.

Event Closing Times: 60mins prior to Event Start Time

Athletes must declare separately for each event they intend to participate in and ensure their name is circled on the entry list for all events.

Pole Vault 75mins prior to Event Start Time

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 will be issued a wrist band at admissions, this wrist band will grant access to the WARM UP area, to obtain a wrist band coaches must produce a valid UKA Coaching Licence.

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 26th January 2017. Clubs should be aware of current legislation and practice for the Protection of Vulnerable Groups and such volunteers must be up to date members of the PVG scheme.

COMPETITION NUMBERS

Issued at declarations.

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

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 must not be used as a warm up area

Hurdle athletes will be allowed to warm up on the track from 0900-0940hrs

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

If Heats are not required track finals will be run at FINAL time.

Athletes will be seeded as per Seasons Best/Personal Best times as stated at time of entry/closing date. Any changes to seed times should be reported in advance but must be verified via www.powerof10.info.

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

FIELD EVENTS

Additional Trials – The top 8 athletes in each Field Event will receive a further 3 trials.

The competing order for the last 3 trials shall be in the reverse ranking order recorded after the first 3 rounds.

Spectator access to the External jumping pit will be limited, spectators must collect a pass from Security personnel at the access stairwell in this area.

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. Equipment can be checked in within the declarations area.

Athletes should note UKA Rule 187S1 Competitors may use any implements provided for general use. An athlete shall not use another's implement without the owner's prior permission.

PV - No vaulting poles will be available at the stadium. Minimum Starting Height for Pole Vault – 2m11
TJ – Triple Jump available boards U17W 7m/9m, U17M 9m/11m, SW 9m/11m, SM 11m/13m

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.

CALL ROOM

Athletes must report to Call Room prior to their event.

One Call Room will be in operation at this event which will cover both TRACK and FIELD events. It will be clearly signposted and situated within the arena near the Start/Finish area of the Circular Track.

Track Athletes should report to Call Room "Ready to Race" but without wearing Spikes. Footwear will be changed in the Track Assembly or Field Event area.

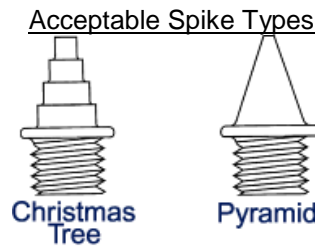
Call Room reporting times: Track 15mins Jumps 30mins Throws 30mins Pole Vault 40mins

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.

Spike Usage for Mondo Surfaces

Under no circumstances will athletes be allowed to use needle spikes on the Mondo surface. Any athlete found to have these spikes whilst using the Mondo surface will be asked to remove them immediately.



Maximum spike length 6mm, 9mm for High Jump

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 141 S1:

U17s

- Other than when competing in a combined event U17's may compete in a maximum of 3 events on the day of an athletics meeting.
- U15 athletes competing as U17 athletes within these championships must still adhere to their Age Group rules i.e. they are unable to compete in more than one event between 600m and 3000m over the course of the Championship.
- No athlete in this age group is allowed to run in any track event in excess of 5000m

U20s

- Junior's may not compete in more than 5 events on the same day of an athletics meeting.

Disqualification and Misconduct.

All athletes, officials, coaches and other club officials are requested to make themselves familiar with the following rules:

RULE 163(2) THE RACE / RULE 146 PROTESTS AND APPEALS / RULE 145 – MISCONDUCT

These rules are available to download via the Fixtures page of www.scottishathletics.org.uk

UK Anti-Doping may be present at this event.

False Start: The Championships will operate under UKA rules.

All athletes should be aware that the current UK Rule 162 will be in operation i.e. no false start will be allowed without the liability of disqualification of any false starting athlete. 162 S1 refers to U13 and U15 athletes who will receive a warning for one false start and disqualification for two false starts.

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

Accommodation: Preferential Rates if available from IBIS Styles Glasgow George Square, 74 Miller Street, Glasgow G1 1DT. Quote "scottishathletics" at time of booking.

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.