

**PRE-EVENT INFORMATION FOR ATHLETES**  
**4J Studios scottishathletics Indoor National Open**  
**Saturday 18<sup>th</sup> January 2025**  
**Emirates Arena, London Road, Glasgow, G40 3HG**

We hope all our members and their families enjoyed the festive season, and we look forward to welcoming you to the Emirates Arena for the 4J Studios **scottishathletics** Indoor Open 2025. We wish you an enjoyable and rewarding competition.

**5 Steps to Competing**

- 1. Pre-event – check the start list for your band/pool, event time and your arrival time.**
- 2. Declare –Closes 60 minutes before your band/pool or 1500hrs. Don't be late!**
- 3. Warm up – access to the warm up area will be permitted according to the published schedule (approx. 60 minutes before the assembly time for your band/pool)**
- 4. Report to Assembly – report to assembly according to the assembly schedule. Do not take any unnecessary belongings with you – use the kit drop area.**
- 5. Compete!**

**Event Help Line**

Mobile No. 07522 556771 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 number. If any athlete is running late for declarations, they should also call this number to declare by phone before declarations for their close.

**Admission**

Entry to the stadium will be via Level 3. There will be no admittance through the main reception area on level 2 (ground floor).

A final timetable will be published on the **scottishathletics** website in advance of the event date for athletes to identify when to arrive. Athletes will be able to access the indoor warm up area from one hour before the assembly time for their band/pool. If you arrive early for your event, please spectate from the main stands until your warm up area access time. Declarations will open from 0830hrs and close 60 minutes before the start time for each band/pool.

**Glasgow Life rules state that open containers will not be permitted within the competition area. Sports bottles, containing water only, will be allowed within this area. Stadium staff and security will operate checks, with any prohibited items being confiscated.**

**Car Parking**

We anticipate a large number of cars to arrive at the venue, so please ensure you arrive in plenty of time to park before you need to declare for your event(s). All drivers must be considerate to local residents and venue users and park responsibly. If parking at the Emirates Area, please follow the directions of parking stewards at all times.

**Note: Celtic FC have a home fixture with a 1730 kick off on Saturday 18<sup>th</sup> January. This will affect available parking within and around the Emirates Arena. If you are able, please use public transport or car share as parking availability will be limited.**

**Withdrawals and Seeding Performances**

If, for any reason, you are no longer able to attend this event, please contact the Competitions Team ([events@scottishathletics.org.uk](mailto:events@scottishathletics.org.uk)) as soon as possible.

Athletes will be seeded as per seasons best/personal best times as stated at time of entry. Any updates should be reported **by 12 noon on Wednesday 15<sup>th</sup> January** and must be verified at [www.thepowerof10.info](http://www.thepowerof10.info) or an international equivalent.

Initial entry lists with bands will be published on Friday 10<sup>th</sup> January, but there may be changes to PBs or withdrawals after this date. **Athletes may use the initial lists to prepare for the event but must check their arrival and declarations times against the final lists on 16<sup>th</sup> January** in case of any changes. There will be no further changes to bands/pools after 5pm on Thursday 16<sup>th</sup> January.

### **Declarations**

Athletes must declare at the declarations desks on level 3. Spectators and coaches should not accompany athletes to declarations.

Declarations Opening Hours: 0830 - 1500hrs

Declarations close **60mins prior to event start time, or at 1500 for all events taking place after 1600**. Athletes must declare separately for each event they will participate in and ensure their name is circled on the entry list for **each** of their events. Athletes registering after an event has closed will not be allowed to compete. Please inform the Referee if you become unfit to continue in an event for which you have declared.

### **Spectators and Coaches**

All non-athlete attendees should have registered with **scottishathletics** in advance via the dedicated Coaches and Spectators page [here](#). (Parents can register via their child's account if they are not members themselves). All attendees will need to show their confirmation e-mail (either printed or on a mobile device) to gain access to the venue on the day.

Online entry fees:

Spectators - **£3**

Coach members of **scottishathletics** – **Free**

A pay on the day option of **£4** by card is available for those who have not registered in advance. Coach members must register in advance if they wish to avoid the £4 on the door fee: we will not be able to check memberships on the day for free entry.

The warm up and competition areas will be accessible to athletes, officials, event staff and accredited coaches only. Athletes must be in possession of their competitor bib to access level 2, and coaches a wristband. Coach wristbands will be distributed at admissions, on production of a valid coaching licence. All coaches are still required to book spectator access as outlined above.

### **Athlete Assistance**

Any athlete requiring assistance during competition should complete and return an assistance request form by noon on Thursday 16<sup>th</sup> January. Forms can be downloaded here: [Assistance Request Form](#)

### **Event Merchandise**

FN Teamwear will be in attendance at this event selling 2025 National Indoor Open hoodies. Pre-order yours here: [Event Hoodies](#)

### **Full Event Information**

Full event information, including the Athlete Information document, final timetable and a link to the entry lists can be found on the National Indoor Open fixture page on the **scottishathletics** website here: [4J Studios scottishathletics Indoor Open](#)