

**PRE-EVENT INFORMATION FOR ATHLETES**  
**4J Studios scottishathletics Indoor Age Group Championships**  
**Saturday 1<sup>st</sup> and Sunday 2<sup>nd</sup> March 2025**  
**Emirates Arena, London Road, Glasgow, G40 3HG**

We look forward to welcoming you to the Emirates Arena for the 4J Studios **scottishathletics** Indoor Age Group Championships. We wish you an enjoyable and rewarding competition.

**5 Steps to Competing**

1. **Pre-event – read full athlete information and check final timetable for your event time**
2. **Declare – Closes 60 minutes before your event. Don't be late!**
3. **Warm up – access to the warm up area will be according to the published schedule**
4. **Report to Call Room – report to Call Room according to the Call Room schedule, via the kit drop area to deposit your belongings**
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 entries close. Late arrivals without a phone call may not be able to compete.

**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 event. 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 event.

**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.

**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. Waiting lists for this competition have now closed.

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 22<sup>nd</sup> January** and must be verified at [www.thepowerof10.info](http://www.thepowerof10.info) or an international equivalent.

### **Declarations**

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

Declarations open at 0830 each morning. Declarations close **60mins prior to final event start time**

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, Coaches and Chaperones**

All non-athlete attendees should have registered with scottishathletics in advance via the dedicated Coaches and Spectators pages –

1<sup>st</sup> March: [4J Studios U15 & U20 Champs COACHES / SPECTATORS](#)

2<sup>nd</sup> March: [4J Studios U13 & U20 Champs COACHES / SPECTATORS](#)

Online entry fees:

Spectators - **£3**

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

A pay on the day option of **£4** (by card only) 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.

It is hoped that all young athletes will be supported on the day by a qualified coach from their club. If, however, an athlete's coach is unable to attend and the athlete is unable to navigate the warm up and Call Room areas on their own, parents should contact us before Thursday 27<sup>th</sup> February on [events@scottishathletics.org.uk](mailto:events@scottishathletics.org.uk)

### **Athlete Assistance**

Any athlete requiring assistance during competition should complete and return an assistance request form by noon on Thursday 27<sup>th</sup> February. Forms can be downloaded here: [Assistance Request Form](#)

### **Event Merchandise**

FN Teamwear will be in attendance at this event selling 2025 National Indoor Championships 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 U13, U15 and U20 Championships fixture page on the **scottishathletics** website here:

[4J Studios scottishathletics Indoor Age Group Championships](#)