

INFORMATION FOR ATHLETES
4J scottishathletics National Indoor Masters and Para Championships
Sunday 8th February 2026
Emirates Arena, London Road, Glasgow, G40 3HG

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

All relevant information can be downloaded from the Fixture Page on the **scottishathletics** website:
[4J scottishathletics Indoor Masters and Para Championships](#)

5 Steps to Competing

- 1. Declare –Closes 60 minutes before your event. Don't be late!**
- 2. Warm up – access to the warm up area will be permitted according to the published schedule (60 minutes before the call room time for your event)**
- 3. Report to Athlete Assembly– report according to the assembly schedule. Do not take any unnecessary belongings with you – use the kit drop area.**
- 4. Compete!**
- 5. Presentations – remember to collect any medals you may have won before you leave! Medals will be available for collection once the results have been published online**

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 event close.

Seeding Performances

Athletes will be seeded by seasons best/personal best performances as stated at time of entry (performances from licensed competitions held in 2024, 2025 or 2026). Any updates to performances should be reported **by 12 noon on Wednesday 4th February** and must be verified at www.thepowerof10.info or an international equivalent. Please provide a link to your profile when requesting a change.

Declarations

Declarations open at 0830 and close **60mins prior to 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 attempting to register after an event has closed will not be allowed to compete.

Warm Up

Athletes should note that warm up will NOT be permitted within the Competition Area. Athletes must leave the area and report to Call Room on time for their event.

Assembly Times

Assembly Times (estimated - please check final assembly schedule on the day)

Track-15mins Horizontal Jumps & Throws-25mins High jump-40mins Pole vault-50mins

Track Events

- Athletes must report to the Assembly Area ready to race and must store all of their belongings at the bag drop area. At the end of their heat, all athletes must collect their belongings before returning to Level 3. Athletes will not be allowed back into the warm-up area immediately post-race.
- Athletes who have qualified for subsequent rounds are required to follow the one-way system, leaving the competition level after their heat and returning via the warm up area at the time for the next round of their event.
- No personal starting blocks will be permitted at this event. Stadium blocks will be provided.
- World Athletics has introduced a significant rule change for the indoor 800m event by moving the break point to provide athletes with more space and a safer racing environment. **scottishathletics** is implementing this rule in all championships for athletes in the U18 age group and above this season. In line with this rule change, the new 800m breakpoint will be located near the entrance to the home straight, approximately 165 metres after the start (ie. 400m breakpoint). Given the new breakpoint, the start line for the 800m is now the 400m start line.
- If heats are not required on the day, track finals will be run at HEAT time.

Field Events

- Athletes must bring any kit required during the competition with them to the Assembly Area. Any other kit should be left with a spectator, stored in a locker or left at the bag drop area. On conclusion of their event, athletes will be escorted to the stairway exit to level 3. Athletes will not be allowed back into the warm-up area immediately post event.
- All competitors will be allowed three attempts in throws and horizontal jumps events. Masters athletes that achieve the merit standard will receive a further 3 trials. All para athletes will receive 6 trials.
- Pole Vault and High Jump starting heights are published on the final timetable. The High Jump bar will rise in 5cm increments and Pole Vault as per the progressions on the final timetable.
- Please note that OUTDOOR shot puts will be used during this competition. Any personal shots must be outdoor implements.

Medals

Masters Championships

- All Masters athletes finishing in the top 3 within their age group will receive a medal. Medals will be available from the presentations table by the circular track finish area once full results for that event have been published. Merit standards will not be used for Masters medals.
- Para athletes over the age of 35 finishing in the top 3 within their age group will receive a Masters medal. In age groups with multiple para-classification Masters-aged entrants, the results will be decided by RAZA points.
- A podium will be available at medal collection for athletes to take their own photographs if they wish.

Para Championships

- Para athletes will receive medals in 60m, Long Jump and Shot Put via the RAZA points system.
- Some para athletes have also chosen to guest in other events within the programme, for which they will not be awarded a medal.

Rules

These Championships will be held under UKA Rules for Competition (Incorporating World Athletics Rules) effective from 1st April 2024. A copy of the current rule book is available from the UK Athletics website: [Competition Rules](#). WMA and WPA rule will be applied where appropriate.

Spectators, Coaches and Athlete Assistance/Chaperones

All non-athlete attendees should register in advance by purchasing a coach, spectator or team chaperone ticket from the event entry page [here](#). All attendees will need to show their confirmation e-mail to gain access to the venue on the day.

Online entry fees: Spectators - **£4** Coach members of **scottishathletics** – **Free**
A pay on the day option of **£6** 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.

Any athlete requiring assistance during competition should complete and return an assistance request form by noon on Thursday 5th February. Approved chaperones will not require a spectator ticket. Forms are available to download [here](#).