

INFORMATION FOR ATHLETES
4J scottishathletics National Indoor Combined Events, Masters 3000m and Senior/U18 Relay Championships
Saturday 28th Feb – Sunday 1st March 2026
Emirates Arena, London Road, Glasgow, G40 3HG

We look forward to welcoming you to the Emirates Arena for the 4J **scottishathletics** Indoor Combined Events, Masters 3000m and Senior & Under 18 Relay Championships. This event also incorporates the UK Athletics Combined Events Championships (Senior Men and Women). 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 Combined Events and Masters 3000m Championships](#)

5 Steps to Competing

1. **Declare –Closes 60 minutes before your event start time each day. 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 assembly time for your event)**
3. **Report to Assembly – report to Assembly according to the schedule. Do not take any unnecessary belongings with you – use the kit drop area.**
4. **Compete!**
5. **Presentations – CE athletes to report trackside after their final event; Masters 3000m medals to be collected from Declarations**

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

If, for any reason, you are no longer able to attend this event, please contact the Competitions Team (events@scottishathletics.org.uk).

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 25th 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 your event start time**. Athletes attempting to register after declarations for an event have closed will not be allowed to compete. **Heptathlon athletes must re-declare for Sunday events on Sunday morning and retain the same number bib from Saturday's competition to wear again on Sunday.**

Warm Up

Athletes should note that warm up will NOT be permitted within the Competition Area. A limited supply of blocks and hurdles will be provided in the warm up area, to be shared by all athletes.

Assembly

Assembly Times (estimated - please check final Assembly schedule)

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

The Assembly area will be located on the outside of the track nearest the 60m start / 400m break line.

Combined Events athletes are required to report to Assembly for their first and last events only, with the exception of the U14 age group who should report to assembly for every event.

A whiteboard will be located within the Combined Events Rest Area showing report times for each event.

Track Events

- Athletes must report to Assembly 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 or the CE rest area. Athletes will not be allowed back into the warm-up area immediately post-race.
- 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.
- Masters athletes competing the 3000m Championships will compete in age-banded races, ensuring head-to-head competition in each 5-year age group.

Field Events

- Athletes may bring only kit required during the competition with them to Assembly/the event site. 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 or to the CE rest area. 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.
- Pole Vault and High Jump starting heights are published on the final timetable. The High Jump bar will rise in 3cm increments and Pole Vault in 10cm increments.
- Please note that OUTDOOR shot puts will be used during this competition. Any personal shots must be outdoor implements.

Presentations

- Masters 3000m medals will be available for collection from Declarations on Level 3 once the final results have been published.
- Relay Medallists and **all** Combined Events athletes should report to the presentations area by the circular track finish as soon as possible following the conclusion of their final event. All athletes participating in a combined events competition will be invited to celebrate their success alongside medallists.

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 rules may 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 coach 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 26th February. Approved chaperones will not require a spectator ticket. Forms are available to download [here](#).