

INFORMATION FOR ATHLETES
scottishathletics EAP Indoor International
Sunday 2nd February 2025
Emirates Arena, London Road, Glasgow, G40 3HG

We look forward to welcoming you to the Emirates Arena for the **scottishathletics** EAP Indoor International. We wish you an enjoyable and rewarding competition.

All relevant information can be downloaded from the Fixture Page on the **scottishathletics** website here:

[scottishathletics EAP Indoor International](#)

5 Steps to Competing

1. **Pre-event – check the entry list for your event time and your arrival time.**
2. **Declare –closes 60 minutes before your event. Don't be late!**
3. **Warm up**
4. **Report to Call Room – report to Call Room according to the Call Room, schedule. Do not take any unnecessary belongings with you – use the kit drop area.**
5. **Compete!**

Declarations Help Line

Any athlete who may be running late must contact mobile no. **07522 556771** to notify us of their expected arrival time. Athletes who do not contact us ahead of declarations for their event closing will not be permitted to declare late. If unanswered, a message should be left detailing name, issue and return contact number.

Car Parking

We anticipate a large number of cars to arrive at the venue, so please ensure that 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.

Athletes staying in the official hotel will have transfer arrangements communicated to them.

Admission

Athlete and coach entry to the stadium will be via the cafe entrance on Level 2 (ground floor). Spectator admission will be via the main entrance on Level 3.

Accreditation

Coach accreditation will be distributed by the athlete declarations table on Level 2. For athletes, their bib number will act as accreditation and allow access to the warm up and athlete seating areas. Accreditation for coaches will be issued ONE per athlete. Applications for accreditation must be submitted online via [this form](#). Applications must be submitted before 1700 GMT on Wednesday 29th January to be considered. Para athletes requiring assistance in competition should also apply for assistant accreditation via the coach accreditation form. Non-accredited personnel will not be permitted beyond the entrance to Level 2.

Ticketing

Non-accredited attendees can purchase spectator tickets via [this link](#). Due to high demand, all tickets should be purchased in advance. We cannot guarantee that tickets will be available on the evening of the event.

Seeding

Start lists will be published on Saturday 1st February 2025 and will be based on confirmed performances within the last two years. Any queries on seeding should be directed via email to events@scottishathletics.org.uk.

Due to on the day withdrawals, seeding may be adjusted but will not be changed less than 60mins before the start time.

Lists will be published here - <https://results.scottishathletics.org.uk/IndEAP/>

Declarations

All athletes must declare their intention to compete at the declarations desks on level 2 on arrival.

Athletes staying in the official hotel should collect their numbers from **scottishathletics** staff at the hotel before going to the stadium. Athletes arriving on the day should collect their numbers from the declarations table when they arrive at the stadium.

Opening Times:

Athlete Declarations and Accreditation collection from 1630hrs (Level 2)

Spectators from 1700hrs (Level 3)

Declarations close **60mins prior to each event start time**

Please inform the Referee if you become unfit to continue in an event for which you have declared on the day.

Warm Up

All athletes will be able to access the warm-up track from 1630hrs. Athletes may be accompanied by their accredited coach/team manager. Athletes should note that the competition track itself will **not** be available for warming up. Final warm up for field events will be on the field of play, after athletes leave call room.

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

Call Room

Final call times will be published on the day and posted on the walls in the warm up area.

At the call time, athletes must report to Call Room for final checks prior to being escorted to the competition area. The Call Room will be situated at the end of the warm up track.

All athletes must report to the Call Room with the minimum amount of kit as reasonably possible. Personal equipment, including phones, headphones and smart watches should not be brought into the Call Room. Bags will be checked and any of the above items will be removed. Confiscated items can be collected from the call room entrance post event.

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, their sponsor's kit or a **current** National Vest. Numbers, when worn, must not be folded, mutilated or concealed in any way.

Track coaches are not permitted within the Call Room and should return to the spectator areas on level 3 when their athlete reports for their event. **Spectating is not permitted from trackside.** For field events, a coach seating area will be provided within the competition area. To access this area, field event coaches should report to the Call Room entrance with their athlete(s) at final call time to be escorted to the coach area. Once on the field of play, coaches must remain in the designated coach area for the duration of the competition.

Track Events

- Athletes must report to the Call Room ready to race and must store all their belongings within containers in the Call Room.
- At the end of their heat, all athletes must go through the mixing zone before returning to the Call Room area to collect their belongings.
- No personal starting blocks will be permitted at this event. Stadium blocks will be provided at the relevant start areas.

Field Events

- Athletes must bring any kit required during the competition with them to the Call Room. Any other kit should be stored within the containers in the Call Room.
- On conclusion of their event, athletes will be escorted to the mixing zone before returning to the Call Room area to collect their belongings.
- In Long Jump, all athletes will receive 3 trials with the top 8 athletes receiving a further three trials. If an event has fewer than 8 athletes, all athletes will receive 6 trials.
- High Jump progressions are as follows:
1m50, 1m55, 1m60, 1m64, 1m68, 1m72, 1m75, 1m78, 1m81, 1m83, 1m85

Presentations

There will be no formal presentations at this event. However, a podium and backdrop will be available at the end of the mixing zone for media photographs.

Rules

This competition has been awarded Challenger status by World Athletics, and will be held under World Athletics Rules effective from 1st November 2024. A copy is available from the World Athletics website: [Competition Rules](#). World Para (WPA) rules will be applicable where relevant.

Spikes: Christmas tree or pyramid spikes should be used. 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.



I Run Clean

Clean Athletics may be in attendance at this event. Delegations who require testing should contact events@scottishathletics.org.uk to make arrangements and cover any associated costs.