

INFORMATION FOR TEAMS
U18 European Cities Athletics Challenge
Saturday 14th October 2023
Emirates Arena, 1000 London Road, Glasgow, G40 3HG

We look forward to seeing you at the European Cities Athletics Challenge and wish you and your athletes an enjoyable and rewarding competition.

5 Steps to Competing

- 1. Pre-event – check the online entries lists to ensure all of your athletes’ entries are correct**
- 2. Declare – confirm your final teams or any final substitutions on the day: 60 minutes prior to the first event**
- 3. Warm up – athletes will have access to the Warm Up Area throughout the competition**
- 4. Report to Assembly/Field Site –Track athletes must report to the Assembly Area 15mins before their race; Field athletes report direct to the field site 20mins before their event**
- 5. Compete!**

Attending the Event

Arrival

The stadium will be open to athletes, coaches and spectators from 9.30am via the main entrance to the Arena. Each team will be allocated a seating area within the stands where they can leave kit and spectate between events. Changing rooms will not be available at the Arena: athletes should arrive competition-ready, and will return to the hotel straight after the event.

Car Parking

Most events attendees will arrive by team bus. Additional car parking in front of the stadium is available on a first come first served basis. All drivers must be considerate to local residents and park responsibly.

Spectators, Coaches and Chaperones

Spectators are welcome to attend the event, and there will be no entry fee to do so. Access to the competition area (including the warm up area) will be for athletes, officials and coaches/team staff only. Parents, spectators and non-competing athletes must remain in the stands at all times.

Declarations and Team Information

Team packs will be distributed at the team hotel on Friday evening.

Team managers have already submitted their proposed teams. Any final changes to teams must be reported to the information desk trackside at least **60mins prior to event start time**. This is to ensure that the correct athletes appear on start lists on the day. Changes after this time may not be accepted.

Please inform the Meeting Manager as soon as possible if an athlete becomes unfit to continue in an event for which they have declared.

Event Help Line

Mobile No. **07718 526373** is available to teams, officials and volunteers for on the day enquiries, if required. If unanswered, a message should be left detailing name, issue and return contact telephone number.

Preparation

Warm Up

Athletes will be able to access the warm-up area behind the back straight throughout the competition. However, athletes must not base themselves in this area all day to ensure safety and suitable space is available for all. When not warming up, athletes should be competing or in the spectator areas.

Athletes competing in hurdles events will be given the opportunity to warm up on the track pre-competition 1000hrs-1030hrs. Athletes must leave the track at 1030hrs to prepare for the team walk-ons.

Field event athletes will NOT be able to warm up at the event site, but will receive at least one warm-up attempt prior to the start of the competition. The sand pit in the warm-up area will NOT be available for warming up.

Team Walk On

Teams will be introduced at 1045hrs. Teams are asked to gather in the warm up area at 1035hrs to prepare. Teams will be walked out into the arena to music, carrying their city's/country's flag.

Assembly

Report Times

Field athletes will report direct to the field event site **20 minutes** prior to the timetabled start time for their event.

Track athletes will be required to report to the Assembly Area at the end of the home straight stand **15 minutes** prior to the timetabled start time for their race.

All athletes must report to the Assembly Area/field site with the minimum amount of kit reasonably possible. Personal equipment, including phones, should not be brought to into competition areas.

Vests, competitor numbers and spikes will be checked at Assembly or the field site. Leg numbers for circular track events will be distributed at Assembly. Athletes must compete in their team's kit.

If an athlete is competing in a field and track event at the same time, they must notify officials when reporting in for their first event and remain alert to calls for their second event.

General Meeting Information

Track

- No personal starting blocks will be permitted at this event. Stadium blocks will be provided at the relevant start areas.
- Lane draws for teams will be determined in advance. There may be 1-2 guest athletes in some events, who will still wear team kit.
- The Relay at the end of the competition will have staggered start times depending on team standings after the final individual event. All teams will be set off in lane 1, with the team in the lead set off first. The first team to cross the line at the end of the relay wins the overall competition. ALL relay athletes, on all legs, will require hip numbers, which will be distributed at Assembly.

Field

- All athletes will receive 4 trials in long jump and shot put, as well as at least one warm-up trial.
- Shot puts used during this competition will be OUTDOOR shots. Competitors may use their own shots provided they are "checked in" 60 minutes prior to event time and passed by the Technical Team. Any personal shots must also be outdoor.
- High Jump starting heights and progressions are:
 - Women: 1.50m, 1.55m, 1.60m, 1.63m, 1.66m, 1.69m, 1.71m, 1.73m...
 - Men: 1.65m, 1.70m, 1.75m, 1.80m, 1.83m, 1.86m, 1.89m, 1.91m, 1.93m, 1.95m...

Start Lists and Results

Live start lists and results will be available here: <https://data.opentrack.run/en-gb/x/2023/GBR/ecac23/>

Teams are asked to check the start lists in advance of the day. Should any teams spot any errors in the start lists prior to the event, please e-mail events@scottishathletics.org.uk as soon as possible.

Rules

These Championships will be held under current World Athletics Competition and Technical Rules. All athletes will compete in the U18 age group.

Officials must also be aware of UKA Approved Code of Practice – [Safe Athletics: Track & Field Safety Guide for Competition \(2018\)](#)

All athletes should be aware that the current UK rule T16 will be in operation, i.e. no false start will be allowed without the liability of disqualification of any false starting athlete.

Rule CR18.5 Unsporting or Improper Behaviour: spitting (or similar) in any area may be treated as a conduct offence and will be dealt with by a warning or disqualification. Assembly stewards and Field officials will remind athletes of this rule prior to the start of their competition. Any instances of athletes spitting within the competition area will be reported to the Chief Official or Referee who will issue the appropriate sanction, which may result in disqualification.

Rule T5: All athletes must make themselves familiar with the recently amended World and UK Athletics rules around shoes available [here](#). It is the athlete's responsibility to ensure compliance with these rules. Visual checks will be made at Athlete Assembly, with any suspect shoes reported to the Meeting Manager for investigation.

Maximum spike length: 7mm, 9mm for high jump, 13mm for javelin

UKA Rule 6: The competition area is defined as the area where the competition is being staged and which has access restricted to the competing athletes and appropriate officials. The Competition Area is made up of the whole of the ground floor of the Arena. Team staff and coaches on the ground floor should remain behind the barriers surrounding the track at all times. Mobile devices, such as phones and smart watches, will not be permitted within the competition area.

UK Anti-Doping may be present at this event.

Assistance in Competition

Any athlete requiring assistance during competition should complete and return an assistance request form **by 12noon on Thursday 12th October**. If you require a form, please contact events@scottishathletics.org.uk.