

**THE ROTARY INTERNATIONAL SCOTTISH SCHOOLS'
INDOOR TRACK & FIELD CHAMPIONSHIP
Under UKA Rules /Scottish Athletics permitted
Emirates Arena, Wednesday 6th & Thursday 7th February 2019**

Thank you for entering the 2019 Rotary International Scottish Schools' Indoor Championships.
Please enter the Arena by the stairs leading to the spectator area.

DECLARATIONS AND NUMBER COLLECTION ARE SITUATED IN THE SPECTATOR ENTRANCE FOYER AND WILL OPEN AT 8.45 am.

PLEASE NOTE : IF COMPETING ON BOTH DAYS, YOU MUST DECLARE ON BOTH DAYS. NEW NUMBERS WILL BE ALLOCATED ON DAY 2.

ATHLETES MUST PRESENT THEMSELVES INDIVIDUALLY AT DECLARATIONS, THEN GO DIRECTLY TO NUMBER TABLE TO COLLECT THEIR COMPETITOR NUMBER.

COMPETITORS MUST DECLARE FOR BOTH TRACK AND FIELD EVENTS. PLEASE DO SO AS SOON AS YOU ARRIVE, BUT NO LATER THAN 1 HOUR BEFORE THE START OF YOUR EVENT. PLEASE NOTE THAT DECLARATIONS WILL CLOSE AT 2.00 PM ON BOTH DAYS.

Competitor numbers should be pinned on the front and the back of School, International or plain vest.
Club vests must not be worn. Please bring your own safety pins.

The programme does not show the heats but the names of the competitors in alphabetical order. Names of competitors in heats, semi finals and finals will be posted in the warm-up area. The qualifications for semi finals and finals will be given to the Marksmen. It is really important that all athletes listen to this qualification.

**The Call Room will be situated at the Long Jump end of the Warm Up Track. All athletes, Track and Field, must report to this area when called.
Pole Vault: 50 minutes, High Jump: 40 minutes, Long Jump, Triple Jump and Shot Put: 30 minutes before their event is scheduled. All track events 20 minutes before.
A Call Room schedule will be displayed, but it is also important to listen to announcements.
Maximum spike size for track is 6mm. Acceptable spike types are Christmas Tree or Pyramid.**

Long Jump, Triple Jump and Shot Put competitors will be given three trials, with the best eight being awarded a further three trials. High Jump is to completion.
If an athlete is entered for a Track event and a Field event scheduled at the same time, she/he must inform the Call Room Manager. All field event athletes will be expected to achieve the required entry standard.

Please check the webpage [www.ssaa.co.uk] before the Championships. A copy of the programme is attached for guidance. While the order of events will not change, the starting times are only approximate and may vary on the day.

**Only when all entries have been received, will it be known if semi finals are needed.
If on the day, any event does not require heats, then the final will be run in heat time.**

Should there be a large number of entries for any event over 300m there will be an A & B Final rather than semi finals. Medals will only be awarded for A Finalists.
Rotary International have requested, that after presentation, medal winners be available for photographs which can later be accessed via a facility on the SSAA webpage.

Cafeteria facilities are available. There are excellent parking facilities.

Good Luck to all competitors