



SSAA Indoor Track and Field Championships

Emirates Arena, London Road, Glasgow, G40 3HY

Wednesday 4th and Thursday 5th February 2026

Thank you for entering the 2026 Scottish Schools' Indoor Championships. Please enter the arena by the outside stairs leading to the spectator area.

Only athletes will be allowed to access Declarations and Number collection, which is situated ahead of the Spectator Entrance foyer. It will open on Wednesday and Thursday at 8:30am.

Please note: if competing on both days, athletes must declare on each day. **You must bring your number from Day 1 with you on Day 2.**

Athletes must present themselves individually at Declarations, then go directly to the numbers table to collect their competitor numbers. From here they will follow the one-way system to rejoin their accompanying adult. Competitors must declare for both track and field events. Please do so as soon as you arrive, but no later than 1hr before the start of your event. Please note that declarations will close at **3pm** both days.

On the day phone number for delays ... 07304 496871

Competitor numbers should be pinned on the front and back of School, SSAA International or a plain vest. **Club vests must not be worn. Acceptable female vests are shown below.**



**Please bring your own safety pins. Personal Implements must be handed in when declaring.
For this competition, ONLY Outdoor Shots will be permitted.**

The start lists and results will be accessible via the QR code available on signs around the venue. The qualification for semi-finals and finals will be highlighted in the Call Room and by the Starter's Assistants.

The Call Room will be situated on the back straight. all athletes must report to this area as per the schedule. These will be displayed around the venue. In addition, please listen for announcements. If an athlete is competing in a track and field event scheduled for the same time, they must inform the Call Room.

Pole Vault - **50 minutes**; High Jump - **40 minutes**; Long Jump, Triple Jump and Shot Put - **30 minutes** before their event is scheduled to start.
All track events - **20 minutes** before.

Spikes should not be worn outside of the athletics arena at any time. Spike length must not exceed 6mm. Please note spikes will NOT be on sale at this event. 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.

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 and Pole Vault are to completion of competition.



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**If on the day, any event does not require heats, the final will be run at heat time.
If on the day, any event does not require a semi final, the final will run at final time.**

All presentations will take place as soon as possible after the events have finished. Please listen to all announcements.

UKA Anti-Doping may be present at the championship. The UKA Anti-Doping Rules apply to entrants participating in the sport of Athletics, for 12 months from the date of the competition, whether or not the entrant is a citizen of, or resident in, the UK.

There is ample of parking and catering facilities available at the venue.

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

Good luck to all competitors.

Mark Stringer
(Convenor)



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