

**GAA Glasgow Miler Meet - Evening of 3k's (Incorporating the  
scottishathletics U17/U20/SEN/VETS 3000m Championships) FINAL  
INFORMATION**

Emirates Arena, 1700 till 2000

Friday the 4<sup>th</sup> of January 2019

**Event Information**

First of all, the Glasgow Athletics Association would like to say a massive 'thank you' to the Scottish endurance community in reaching nearly 200 entries for the GAA Miler Meet Afternoon of 3k's (incorporating the **scottishathletics** 3,000m Championships).

This is an exceptional response and the clubs, coaches and athletes who are have taken up this opportunity should be congratulated for their support of this key endurance fixture.

We are all hoping for a fantastic evening of endurance running which will build a platform to develop the event even further in future years.

**Entry to the facility:** will be via Level 3 at the Emirates Arena. Declarations and Spectator Entry will take place in the concourse area. The West side trackside seating will be available for spectators.

**Heats:** All heats have been seeded after careful consideration of PB's, SB's, current form, recent results (recorded on Power of 10) and predicted performances – looking (where possible) to group people within their Age Group.

**Declarations:** Will be open from 1530 and we expect athletes to declare at least one hour before their event. Final declarations will be at 1800.

**Assembly:** Assembly will be at race start 10 minutes before your race is due to go. The races will start on time – we will not wait for you or come and look for you – it is your responsibility to be there at the right time.

**Photofinish:** Could all coaches and athletes be very aware that for the electronic timing to function we have photo finish in operation at the finishing line. While we are keen that athletes get the opportunity to warm up as easily as possible, it is **crucial** that athletes do not run through the line while a race is in process as this can disrupt the photo finish system and cause problems with the results.

**Presentations:** Medals will be awarded to the fastest 3 athletes in each age group (U17, U20, Senior and Vets), regardless of what heat they have been seeded in (and

provided the appropriate merit standard has been achieved – which can be found [here](#)).

### **Admissions**

Athletes – Free admission

Coaches – Free admission (with their coaching pass)

Other Spectators - £3 \*Under 16 spectators' admission is free\*