

**Glasgow Athletics Association's
Glasgow Miler Meet
800m & 3000m
(incorporating the Scottish U17 / U20 3000m Championships)
FINAL INFORMATION
1800 – 2130 on Friday the 30th of May 2025**

Crownpoint Stadium
183 Crownpoint Road
Glasgow
G40 2AL

Event Information

First of all, the Glasgow Athletics Association would like to thank the Scottish endurance community for (once again) reaching capacity in the 800m and also the 3000m.

This is another outstanding response and the clubs, coaches, parents and athletes who have taken this opportunity should be congratulated for their support of this key endurance fixture in Scotland.

We are all hoping for a exciting evening of athletics in the format that we will look to keep developing and improving in the seasons ahead.

Pacemakers

As always, this job is crucial to the success of the meet and we are keen to add to our pacemaking stable. So if you feel you would like to help athletes achieve a new PB, then please get in touch - as we are always thinking ahead to future GAA Miler Meet fixtures (outdoors and indoors).

Declarations

We expect you to declare at least one hour before your event and final declarations will be at 2000.

Assembly

Assembly will be at relevant race start 10 minutes before your race is due to start. 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, ready to check in and ready to race.

Photo finish

Could all spectators, 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 on the track, 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.

Prize Pot

Additionally, there will be a 'prize pot' of £300 for males and females available to the overall fastest in each of the men's and women's events IF they break the following target times:

800m Men: 1:50.00	Women: 2:05.00
3000m Men: 8:07.00	Women: 9:12.00

For example if one male athlete achieves the 800m time and no male hits the 3,000m time, he will claim the full £300 pot. If one male athlete hits the 800m time and one male hits the 3,000m time, the pot will be split equally between the two male athletes.

Rules (Highlighted)

Rule CR18.5 and TR7 S2

Spitting (or similar) in warm up, call room, competition or any other public area may be regarded as acting in an unsporting or improper manner and treated as a conduct offence and will be dealt with by a warning or disqualification (yellow card and / or red card offence). The Event Referee will determine whether a yellow or red card is shown. This determination may apply a red card where spitting directly towards an individual or persistent spitting but yellow for less serious offences. Athletes should be aware that different interpretations may apply from event to event. Warnings or disqualifications under this rule cannot be appealed as the Referee's decision is final (Rule TR8 S1(2)(iii)). See also Rule CR18.5.

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

Withdrawals / Reserve List

Any athlete who is no longer able to compete must let us know as soon as possible – we are currently employing a reserve list and athletes on there are keen to get a run if possible.

Admissions

Athletes – Free admission

Coaches – Free admission with their coaching pass

Other Spectators - £3

Under 16 spectators' admission is free

Thank you to those clubs / individuals who have offered to help undertake a role already (more support is always welcome) – much appreciated as ever.