

**LISTEN
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REPRESENT**



WELSH ATHLETICS
ATHLETAU CYMRU

Welsh Athletics Junior Indoor Open 1

(inc. East Wales, South Wales, West Wales & Southwest England Championships)

National Indoor Athletics Centre, Cardiff

Sunday 1st December 2024

Dear Athlete/Parent/Guardian

Thank you for your entry into the above event. The Championships and Open event will be held under UKA rules and hold a Level 1 license.

Please find enclosed very important details regarding the competition.

PLEASE READ ALL OF THE FOLLOWING INFORMATION CAREFULLY

STADIUM ADDRESS

National Indoor Athletics Centre, Cardiff
Cardiff Metropolitan University, Cyncoed Campus
Cardiff
CF23 6XD

HOME COUNTRY REGISTRATION

Please note that in order to compete at these Championships you must be registered as a member with your Home Country Association.
Welsh Athletics will check the registration of all athletes entered to compete at the Championships. Please contact the Club Secretary if you are unsure as to the status of your registration.

CAR PARKING

Event car parking is available at a cost of 50p for an all-day weekend ticket, from parking machines or the app. Parking is available (see page 2) in numerous locations around the university campus, with all car parks within a 2–3-minute walk from the arena.

There are disabled parking spaces and must only be used for attendees with a blue badge, there is a drop off and waiting area [max time 20 minutes] after this parking fines could be issued

ARRIVAL PROCEDURE

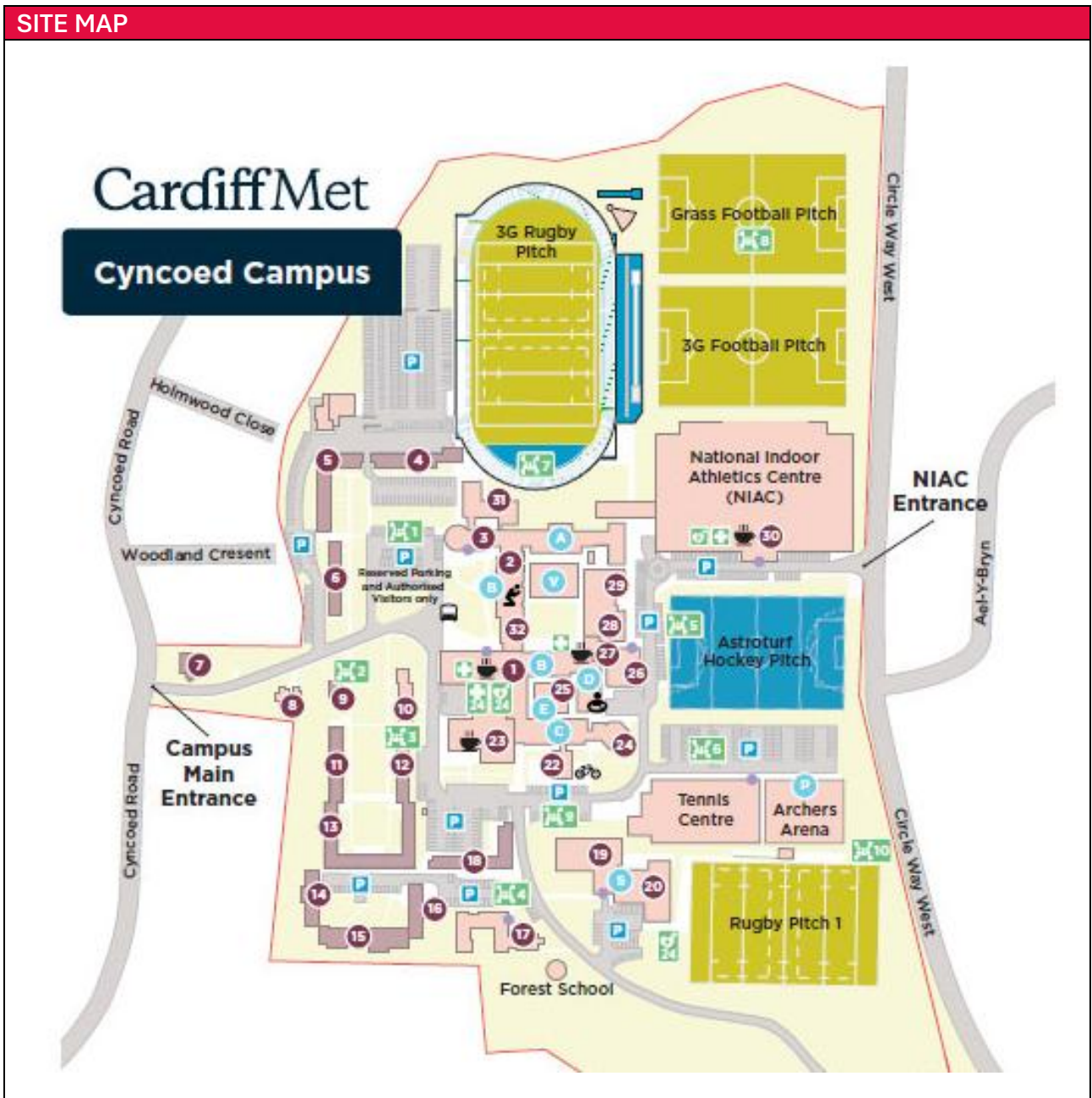
On entry to the building, spectators will need to proceed directly to the seating area on the first floor of the venue and purchasing a ticket.
All athletes need to report to registration on the far left of the balcony (page 4).

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SITE MAP



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SPECTATORS AND COACHES

SPECTATORS (aged over 11)

Spectator's must pay an entry fee at the front desk upon arrival:

Adults - £6,

Juniors (11-17) - £4,

Students - £4.

Children (under 11) - Free

*Please note we **do not** accept cash*

COACH REGISTRATION

All licensed coaches wishing to attend the Championships with their athletes will need to register no later than 3pm on Friday 29th November using the following link: [Click Here](#)

All coaches who have registered will have access to the coaching areas situated on the site plan (page 4).

REGISTRATION/REPORTING

Registration will open at 09:45 – **athletes should report no later than one and half hours (90 minutes) before the timetabled event start time.** Each event will be closed for registration one hour before each event start to seed, it is the individual responsibility of athletes to report and collect their numbers.

We do ask with the new layout (page 4) and reduced space only athletes visit registration and not parents, only if athletes require help at registration should one parent remain with their children.

Bibs must be worn on the front and back for all events (apart from the jumping events, where only the front needs to be worn.) Bibs must be worn as issued and must not be tampered with in any way.

WARMING UP

Warming up must take place on the 120m straight up to the presentation area and following the one-way system.

The warm-up area can get congested, so we ask **only** athletes to be in the area.

CALL ROOM AND START LISTS

There will **NOT** be a call room in operation for this event however there will be an area set aside to gather athletes into their heats before **ALL** events. Start lists and event results will be viewable online here:

Field athletes will need to be at the event site with the time stipulated on the Timetable '**AT EVENT SITE**' for their warm-up trials.

Track athletes must report to the area detailed in the map 10 minutes before their race.

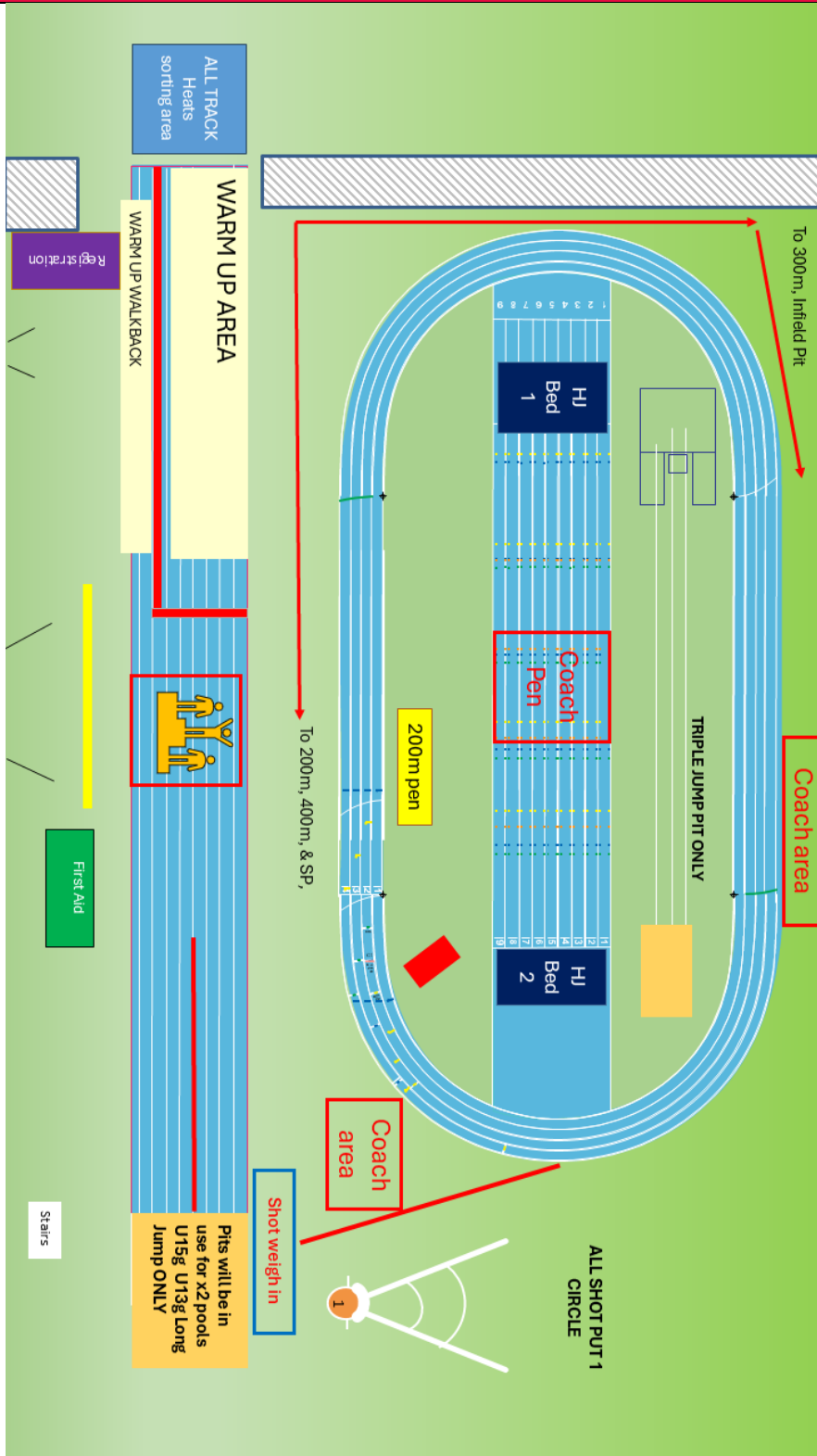
[Start Lists & Results](#)

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EVENT SITES



CLOTHING AND BELONGINGS

Competition clothing will be checked for conformity to UKA competition rules (see below). As this event a Regional Championship, athletes **MUST** wear the vest as per rule T5 S1:

“In individual English County, English Area, Scottish District, Welsh Regional and National Championships (but excluding Road Running), athletes must wear the vest of their first-claim affiliated Club, their County Area, District, Regional or National vest, or any other Representative vest approved by UKA”

Athletes competing in the Junior Open element of the competition may wear a vest that does not fall into one of these categories.

EQUIPMENT

SHOES

It is the athlete's responsibility to ensure their footwear complies. Competition shoes must conform to World Athletics Rule 5 C2.1. You can find the World Athletics rules [here](#). A paper containing instructions on the critical measurement points for shoes is available [here](#).

The referees reserve the right to take possession of any shoes considered not to conform to this new rule for checking. Athletes found to have work shoes that infringe this rule will be disqualified. A list of World Athletics approved shoes can be viewed [here](#). The absence of shoes from this list does not necessarily mean they are non-compliant.

SPIKE LENGTH

6mm for track and field events. 9mm can be used for High Jump.

PERSONAL IMPLEMENTS

These must be submitted to the Technical Manager at least 60 minutes before the start of competition.

Only indoor shots are permitted.

Equipment weigh-in will be located inside the stadium next to the Shot Put area.

Starting Blocks

PERSONAL STARTING BLOCKS ARE NOT PERMITTED. Stadium blocks will be available for warmup and during track events.

SEEDING & LANE DRAWS

Seeding and lane draws will be conducted according to the principles laid down in UKA Technical Rule 20 and will be based on personal bests declared online at the time of entering.

Lane draws will take place 60 minutes prior to the first stated start time of each age group discipline. All Track events will be seeded randomly to align with Championships rules.

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LEAVING THE COMPETITION AREA

All athletes must leave the competition area as directed by Stewards and Officials as quickly as possible after their event and return to the seating area, taking all their belongings with them.

After elimination in field events, athletes are requested to depart the competition area to reduce the number of people gathering at event sites.

PRESENTATIONS

Presentations will take place as soon as possible after the event. Please note, **parents will not be permitted access to the ground floor of the arena during presentation ceremonies** and should always remain in the stand.

Presentations will be made to the top three athletes in the East Wales, South Wales, West Wales, and Southwest England Championships.

TRIALS AND HEIGHT PROGRESSIONS

Starting heights and progressions will be determined by officials at the event sites.

All athletes will have three trials in all field events except for High Jump.

CLEAN ATHLETICS

For all athletes (and parents/guardians where the athlete is a minor), by entering these Championships, you are agreeing to abide by the following rule/statement:

"I hereby (i) acknowledge that I am bound by UKA's Anti-Doping rules, (ii) agree to provide a urine sample and/or blood sample on request in connection with this event and in accordance with UKA's Anti-Doping rules; and (iii) confirm that I am aged either 18 years or older or have fully completed and returned the U18 Doping Control consent form."

To check the status of registered medicines, please visit www.globaldro.com. For information on the Clean Athletics programme, testing procedures and for a copy of the full UKA Anti-Doping rules, please visit www.uka.org.uk/cleanathletics. For general Clean Athletics queries, please contact enquiries@cleanathletics.org.

COMPETITION ORGANISATION

The following Officials are responsible for each aspect of the competition:

Technical Manager – Les Cuthbert

Event Manager – Darran Williams/Euan Coney

I would like to take this opportunity to wish you the best of luck in your endeavours this weekend.

Yours sincerely,

Welsh Athletics
Competitions