

# Welsh Athletics Junior Open

inc. South & East Wales, West Wales & South  
West England Regional Championships

Sunday 1st December 2019

National Indoor Athletics Centre, Cardiff



## Athlete Information



# PLEASE READ ALL OF THE ATHLETE INFORMATION CAREFULLY

## Registration

Athlete Registration will take place on the first floor concourse of the facility. It is the individual responsibility of the athlete to report and collect their numbers.

**Athlete Registration closes strictly 90 minutes before the timetabled event start time. Any athletes registering after this time will not be allowed to compete.**

Numbers must be worn front and back as issued and not tampered with in any way. One number may be worn (on the front) for High Jump, Long Jump and Triple Jump.

## Warming Up

All warming up must be done on the 120m straight. Athletes will be allowed sufficient warm up trials at the field event sites.

## Reporting for Events

**ALL** athletes must report to Call Room.

An event-by-event Call Room schedule will be displayed on the day which both Track & Field Athletes should check & adhere to. Failure to report to Call Room at the correct time will result in you not being allowed to compete.

## Start Lists

Start lists for track events will be displayed online. It is essential that you check these prior to your race time. If you are not on the start list, please contact Event Management immediately. Please be aware that the start lists are updated regularly, so please ensure you continue to check for any changes during the day.

## Coaches Accreditation

Coach accreditation will be available at the entry desk in the venue reception. In order to obtain accreditation, coaches must present an up-to-date UKA coaching license.

With accreditation, coaches will be allowed access to the warm-up area and the designated coaching areas for some field events.

## Spectators

Spectators are welcome at the event and entry tickets can be purchased on the day of the event at the event desk in the reception facility.

Adult - £4; Under 16's go free

Only cash payments will be accepted at the entry desk.

**STRICTLY NO PARENTS/SPECTATORS ARE ALLOWED ON THE GROUND LEVEL OF THE ARENA**

## Car Parking

Car parking is available on the University Campus and the cost of a 24-hour weekend ticket is 50 pence. Please note that the campus is likely to be very busy with other users. Parking on the road adjacent to the facility is discouraged as police will book cars that are parked illegally.

## Presentations

Presentations will take place as soon as possible after the conclusion of your event. Presentations will be made to the top three athletes in the Area Championships. Athletes who are competing in the Junior Open are not eligible for medals in this event.

## Electronic Equipment

**No electronic equipment is permitted in either the warm-up or competition areas, nor is the wearing of headphones.** If found, they will be confiscated by an official and can be collected after your event.

## Emergency Phone Number

If you are running late to register, please call this number and let us know.

**07864 613665**

# TECHNICAL INFORMATION

## Personal Equipment

Personal equipment is permitted, provided that it is submitted for checking by the Technical Manager at least 60 minutes before the start of competition.

Only indoor shots may be used.

Only stadium blocks are to be used.

Equipment Weigh-In will be located inside the stadium next to the Long Jump pit at the end of the 120m straight.

## Clothing

Athletes must wear the vest of their first claim affiliated club or their County, or Territorial or National vest.

Maximum permitted spike length of 6mm across both track & field events.

## Trials

All athletes will have three trials in all field events, with the exception of High Jump.

## Seeding for Track Events

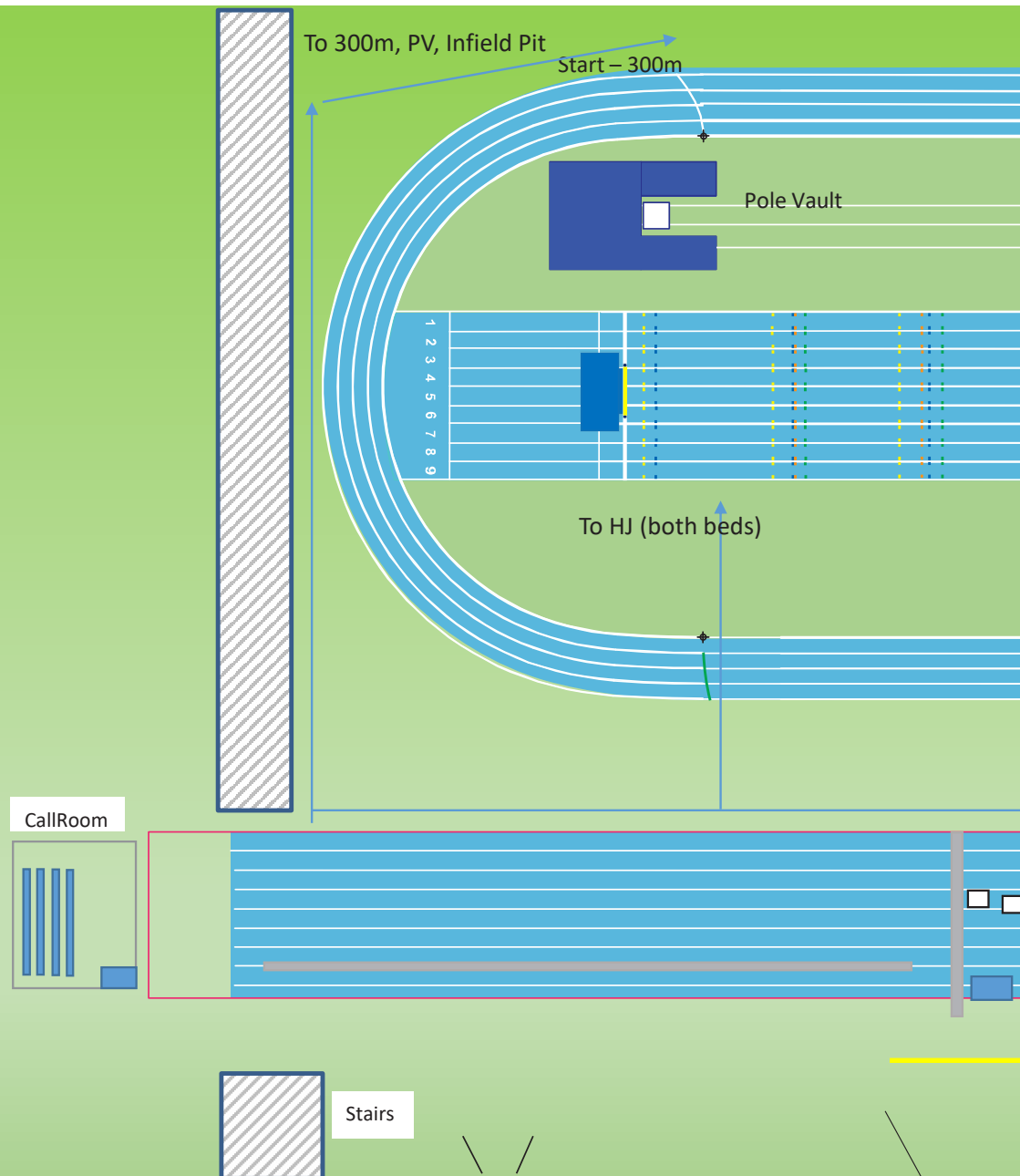
Lane draws will be based on the personal best declared on your entry form. Track events will be run as timetrials with the fastest three times from each region receiving medals, regardless of the heat they run in.

## Withdrawal from events (UKA rule 142.4)

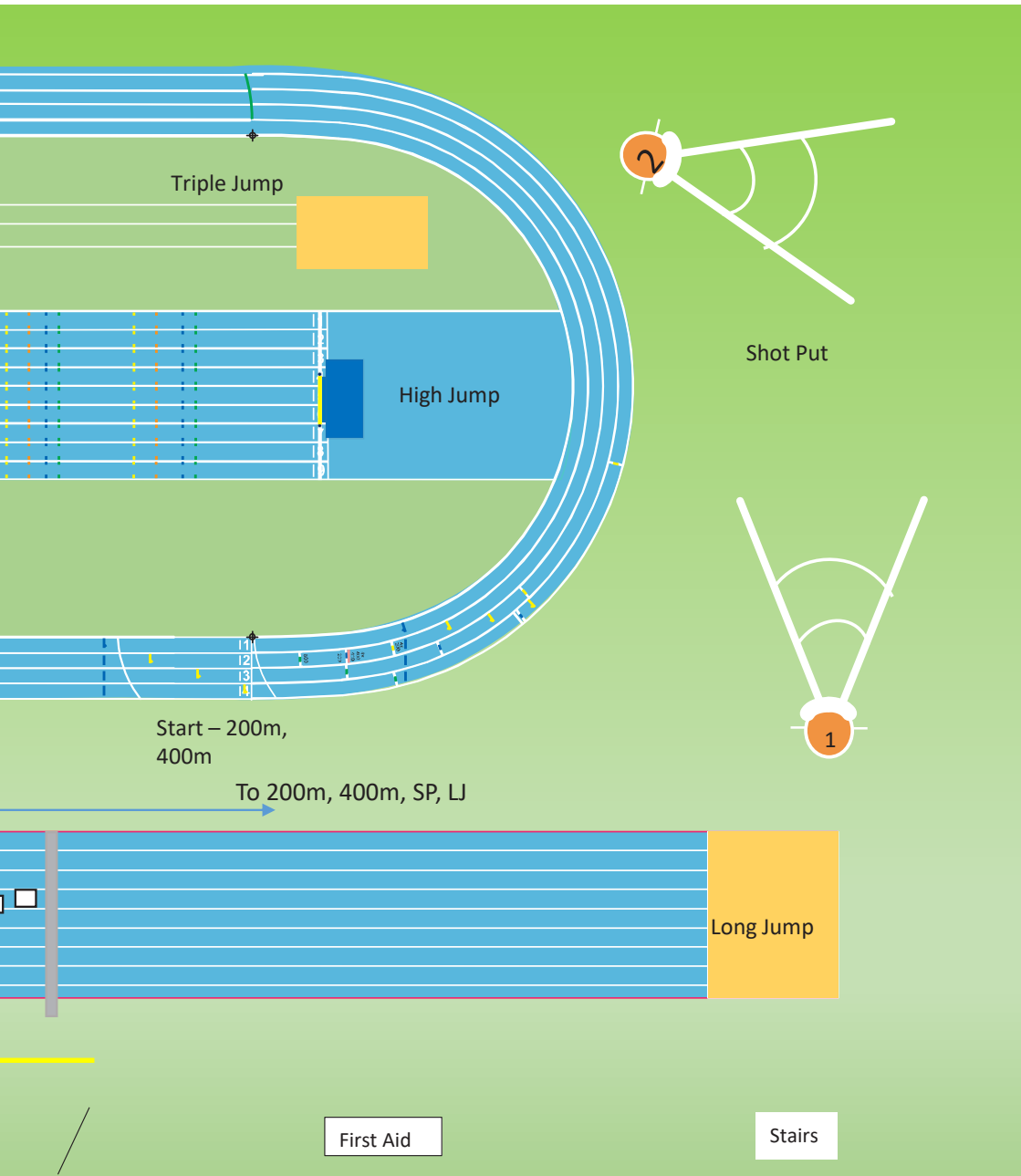
If an athlete fails to participate in an event after registering on the day of competition they shall be excluded from taking part in all further events in the competition.

An athlete shall also be excluded from participation in any event where they are not present in Call Room at the correct time.

# Arena



# Layout



# Directions to the Venue

## Venue Address

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



## From the East

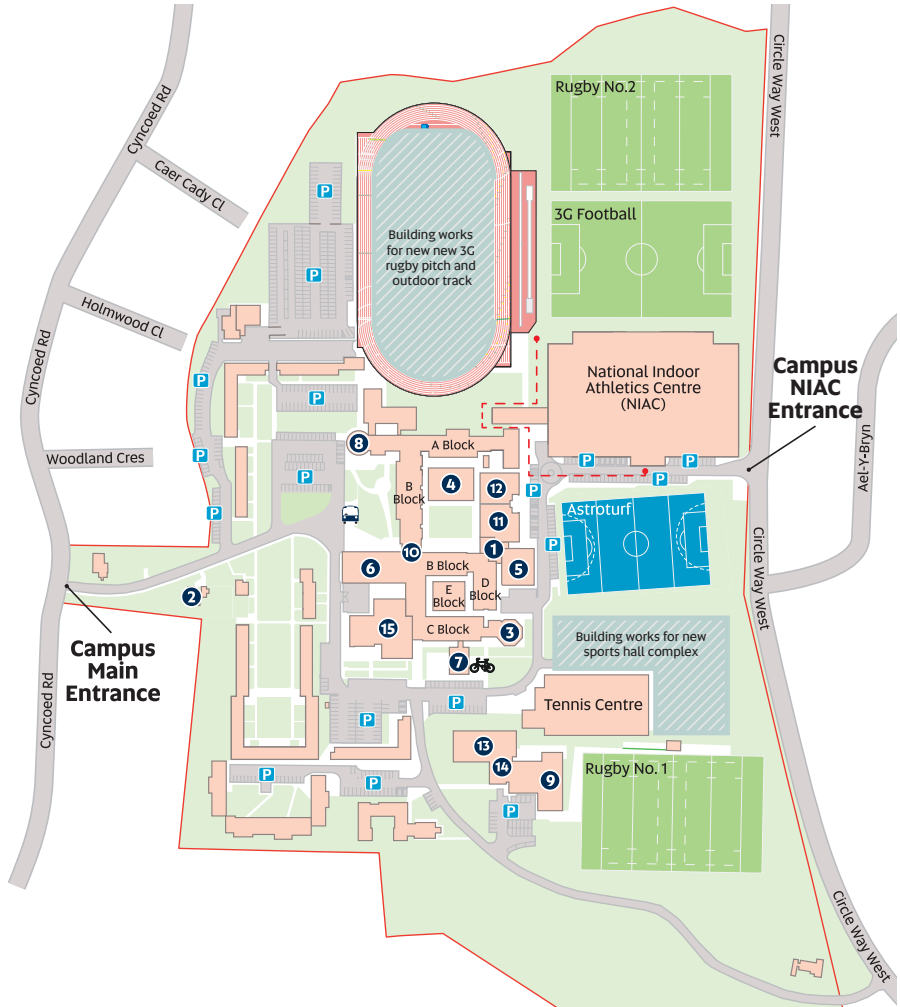
At Junction 29 of the M4, exit onto A48(M) towards Cardiff (E & S).  
Take the third exit on the A48 taking the third exit on the roundabout towards Llanedeyrn.  
Continue straight over the next roundabout.  
At the top of the hill turn left onto Cardiff Metropolitan University Campus.

## From the West/North

At Junction 32 of the M4, exit onto the A470 keeping right towards Cardiff.  
At the Gabalfa roundabout take the first exit onto Eastern Avenue (A48 North).  
Take the exit from the A48 and the first exit on the roundabout towards Llanedeyrn.  
Continue straight over the next roundabout.  
At the top of the hill turn left onto Cardiff Metropolitan University Campus.



# Cyncoed Campus Sports Facilities Map



## Key

- |                            |                                |
|----------------------------|--------------------------------|
| 1 Bench Cafe               | 11 Russell Rees Gymnasium      |
| 2 College House            | 12 Syd Aaron Gymnasium         |
| 3 Dance Studio             | 13 Sports Hall                 |
| 4 V Block                  | 14 Squash Courts               |
| 5 Inclusion Fitness Centre | 15 Students' Union             |
| 6 K1 Restaurant            | — Walkway to 3G football pitch |
| 7 Lecture Theatre          | P Parking                      |
| 8 Library                  | 🚲 Bike Rack                    |
| 9 Swimming Pool            | 🚌 Bus Stop                     |
| 10 Campus Reception        |                                |



Sunday 1st December 2019 N.I.A.C.

## FINAL TIMETABLE

## 1st December - TRACK

	Register By	Seeding	Call Room	TrackTime	Event	Age Groups
T01	09:15	09:45	10:25	10:45	400m	U17M
T02	09:35	10:05	10:45	11:05	200m	U15B
T03	10:19	10:49	11:29	11:49	200m	U13B
T04	10:47	11:17	11:57	12:17	200m	U13G
T05	11:47	12:17	12:57	13:17	200m	U17W
T06	12:15	12:45	13:25	13:45	200m	U17M
T07	12:51	13:21	14:01	14:21	200m	U15G
T08	13:51	14:21	15:01	15:21	300m	U17W
T09	14:11	14:41	15:21	15:41	300m	U15B
T10	14:35	15:05	15:45	16:05	300m	U15G

## 1st December FIELD

	Register By		Call Room	Field Time	Event	Age Groups
F01	09:00	09:30	09:56	10:30	High Jump	U13B
F02	09:00	09:30	09:46	10:30	Shot	U17W
F03	09:00	09:30	09:28	10:30	Long Jump	U15G
F04	09:45	10:15	10:29	11:15	High Jump	U17M
F05	10:30	11:00	11:00	12:00	Triple Jump	U17W
F06	10:30	11:00	11:19	12:00	High Jump	U15G
F07	10:30	11:00	11:04	12:00	Shot	U17M
F08	11:45	12:15	12:27	13:15	Shot	U13B
F09	12:00	12:30	12:51	13:30	High Jump	U15B
F10	12:00	12:30	12:34	13:30	Triple Jump	U17M
F11	13:00	13:30	13:38	14:30	Long Jump	U13G
F12	13:30	14:00	13:58	15:00	Shot	U15B
F13	13:30	14:00	14:28	15:00	High Jump	U17W
F14	14:30	15:00	15:19	16:00	High Jump	U13G

**West Wales Championships for this meeting will be TRACK only 200m, 300m, 400m**  
**ALL other events are held within the West Wales Championships on the 12th January**  
**ALL other regions have both today's TRACK & FIELD events as part of their Championships**



**WELSH ATHLETICS**  
ATHLETAU CYMRU

[www.welshathletics.org](http://www.welshathletics.org)