

Welsh Indoor Senior Championships inc. selected Junior Championship Events

SATURDAY 25TH JANUARY 2020
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 (right-hand end) 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 time-tabled 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 for High Jump, Pole Vault, 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 before their scheduled event start time.

A heat-by-heat Call Room schedule will be displayed on the day. 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 at data.open-track.run/x/2020/GBR/wasi/. 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 ensure that you check these regularly as some races can be re-seeded.

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

Cash & card payments will be accepted.

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 Welsh athletes. In the event of a non-Welsh athlete winning the event, they will also be awarded a gold medal as the 'Open Champion'. No other non-Welsh athletes will be eligible for presentations.

Electronic Equipment

No electronic equipment is permitted in either the warm-up or competition areas. 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. Schools athletes may wear either their school or school district vest.

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

Trials

Senior athletes will have 3 + 3 trials in all field events, with the exception of High Jump.

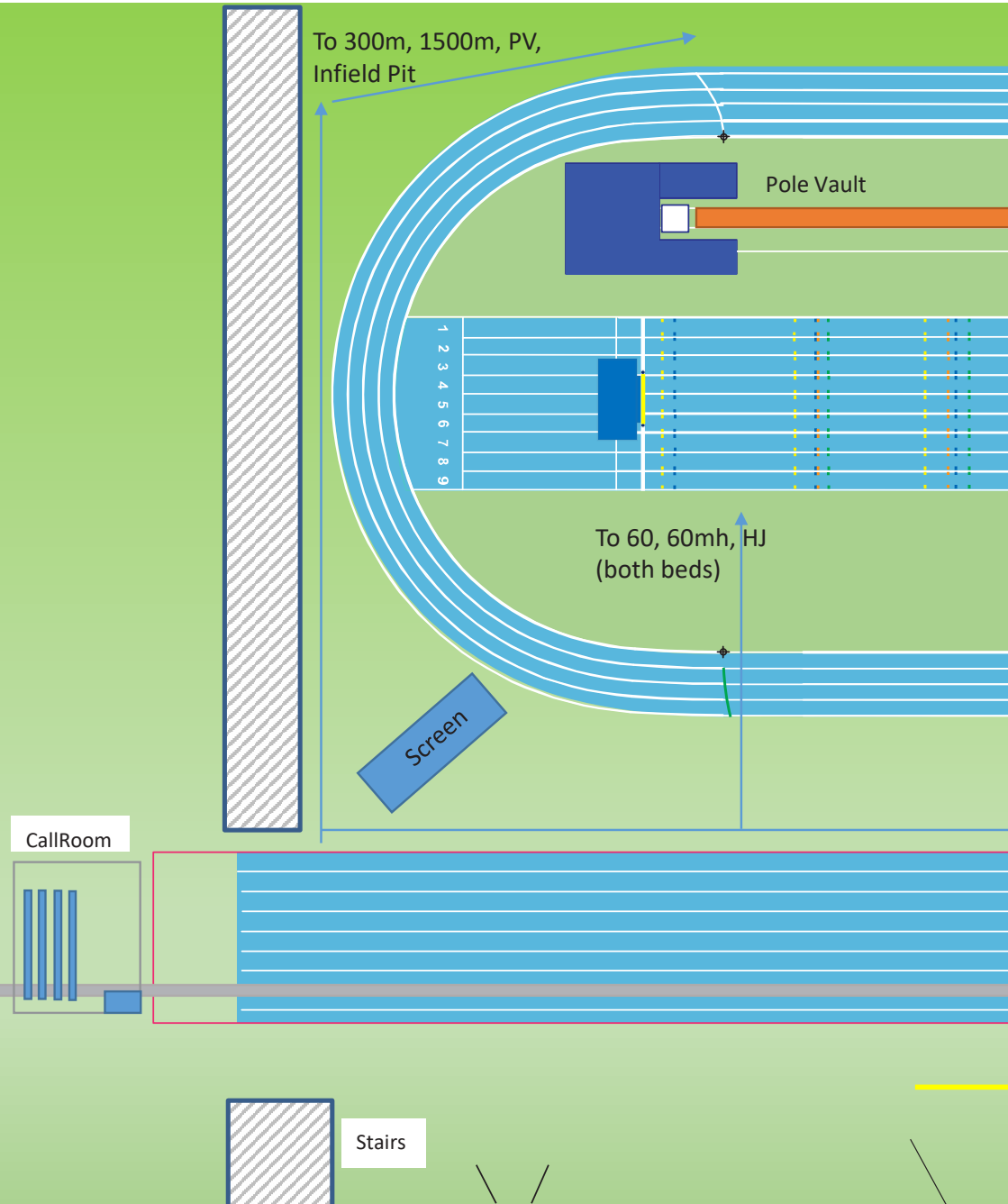
Seeding for Track Events

Lane draws will be based on the personal best declared on your entry form. Full seeding guidelines will be available on the day of competition via Event Management if requested.

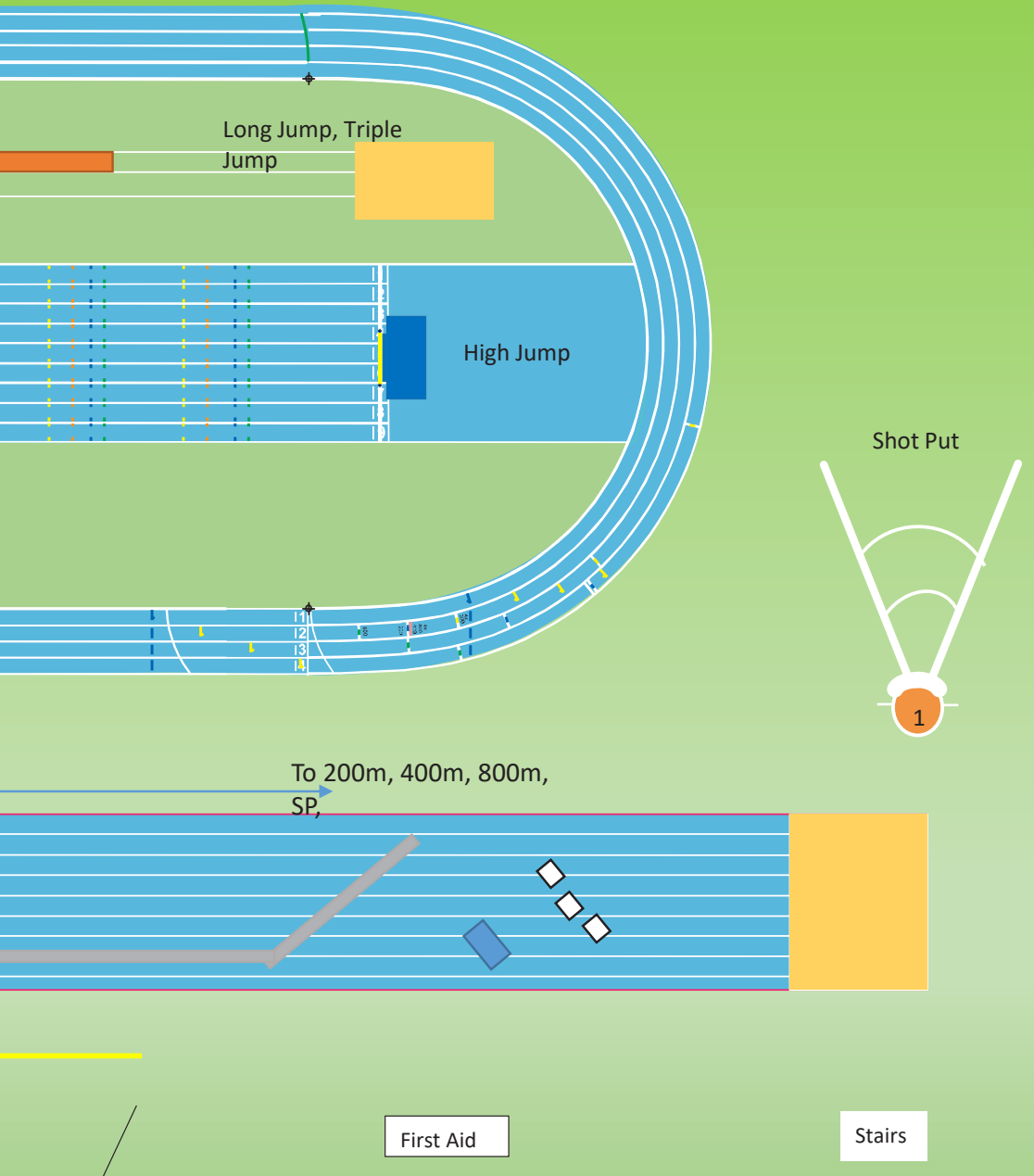
Withdrawal from events (UKA rule 142.4)

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.



Layout



Directions to the Venue

Venue Address

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



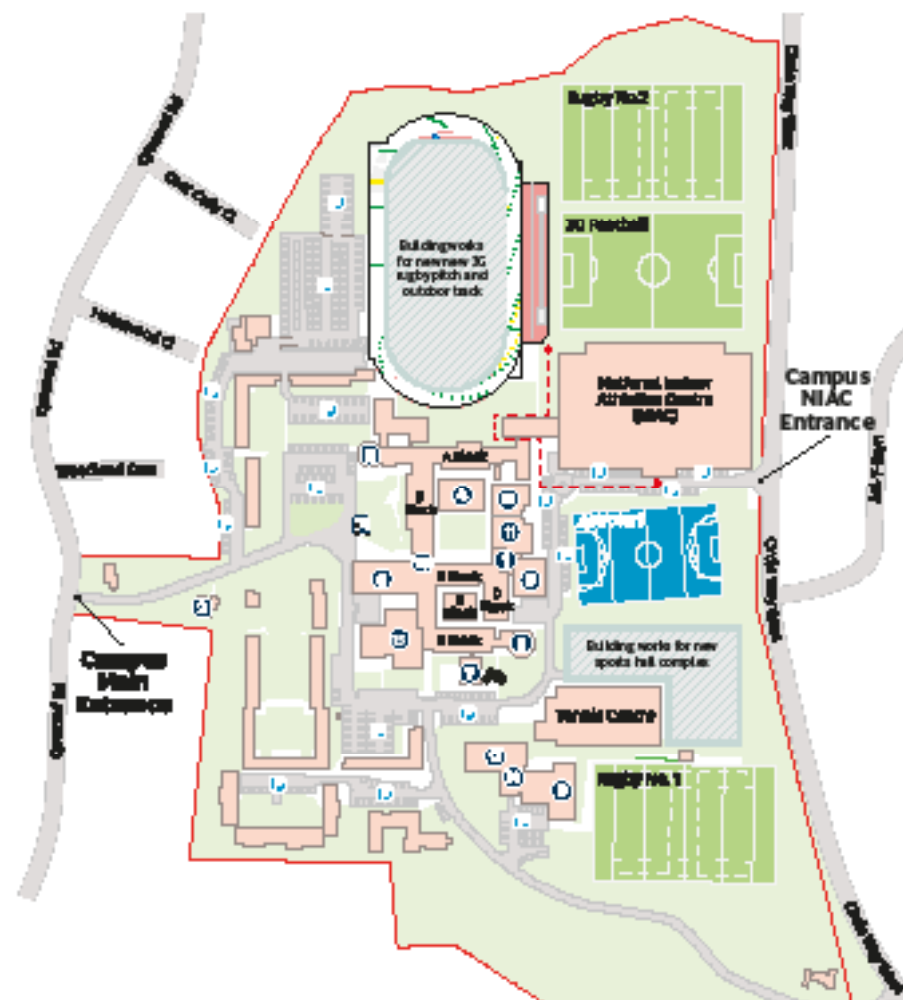
From the East

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

- | | | | |
|--|--------------------------|--|------------------------------|
| | Bench Cafe | | Russell Rees Gymnasium |
| | College House | | Syd Aaron Gymnasium |
| | Dance Studio | | Sports Hall |
| | V Block | | Squash Courts |
| | Inclusion Fitness Centre | | Students' Union |
| | K1 Restaurant | | Walkway to 3G Football pitch |
| | Lecture Theatre | | Parking |
| | Library | | Bike Rack |
| | Swimming Pool | | Bus Stop |
| | Campus Reception | | |

Welsh Athletics Athletau Cymru

Welsh Senior Championships

25th January 2020

Final Timetable



WELSH ATHLETICS
ATHLETAU CYMRU

FINAL TIMETABLE							
Saturday 25th January 2020							
TRACK	Register	Call Room	at Event	TrackTime	Event	Round	Age Groups
T01	09:30	10:38	10:58	11:00	60m	Heat	SENW
T02	09:54	11:02	11:22	11:24	60m	Heat	SENM
T03	10:22	11:30	11:50	11:52	1500m	Heats	SENM
T04	10:36	11:44	12:04	12:06	1500m	Heats	SENW
T05	10:50	11:58	12:18	12:20	1500m	Straight Final	U15G
T06	10:57	12:05	12:25	12:27	1500m	Time Trial	U13G
T07	11:04	12:12	12:32	12:34	60m	Semi Final	SENW
T08	11:16	12:24	12:44	12:46	60m	Semi Final	SENM
T09	11:28	12:36	12:56	12:58	300m	Heat	U17W
T10	11:40	12:48	13:08	13:10	300m	Heat	U15B
T11	11:48	12:56	13:16	13:18	300m	Heat	U15G
T12	12:00	13:08	13:28	13:30	60m	Final	SENW
T13	12:04	13:12	13:32	13:34	60m	Final	SENM
T14	12:08	13:16	13:36	13:38	400m	Heat	SENW
T15	12:32	13:40	14:00	14:02	400m	Heat	U17M
T16	12:44	13:52	14:12	14:14	400m	Heat	SENM
T17	13:17	14:08	14:28	14:30	60m Hurdles	Heat	SENW
T18	13:25	14:21	14:41	14:43	60m Hurdles	Straight Final	SENM
T19	13:33	14:25	14:45	14:47	800m	Heat	SENM
T20	13:37	14:33	14:53	14:55	800m	Heat	SENW
T21	13:00	14:41	15:01	15:03	800m	Straight Final	U15B
T22	13:13	14:45	15:05	15:07	800m	Time Trial	U13B
T23	13:49	14:57	15:17	15:19	200m	Heat	SENM
T24	14:09	15:17	15:37	15:39	200m	Heat	SENW
T25	14:37	15:45	16:05	16:07	400m	Semi Final	SENW
T26	14:45	15:53	16:13	16:15	300m	Final	U17W
T27	14:49	15:57	16:17	16:19	300m	Final	U15B
T28	14:53	16:01	16:21	16:23	300m	Final	U15G
T29	14:57	16:05	16:25	16:27	1500m	Final	SENM
T30	15:04	16:12	16:32	16:34	1500m	Final	SENW
T31	15:11	16:19	16:39	16:41	200m	Semi Final	SENM
T32	15:19	16:27	16:47	16:49	200m	Semi Final	SENW
T33	15:31	16:39	16:59	17:01	4x200 relays	Heat	U15B
T34	15:39	16:47	17:07	17:09	4x200 relays	Heat	U15G
T35	15:55	17:03	17:23	17:25	800m	Final	SENM
T36	15:59	17:07	17:27	17:29	800m	Final	SENW
T37	16:15	17:11	17:31	17:33	400m	Final	U17M
T38	16:03	17:15	17:35	17:37	400m	Final	SENM
T39	16:07	17:19	17:39	17:41	400m	Final	SENW
T40	16:11	17:23	17:43	17:45	60m Hurdles	Final	SENW
T41	16:19	17:27	17:47	17:49	200m	Final	SENM
T42	16:23	17:31	17:51	17:53	200m	Final	SENW
FIELD	Register	Call Room	At Event	Time	Event	Round	Age Groups
F01	09:30	10:13	10:23	11:00	TRIPLE JUMP	Final	SENM
F02	09:30	10:13	10:23	11:00	TRIPLE JUMP	Final	SENW
F03	09:30	09:48	09:58	11:00	POLE VAULT	Final	SENM
F04	11:30	12:33	12:43	13:00	SHOT	Final	SENM
F05	11:40	12:18	12:28	13:10	LONG JUMP	Final	SENW
F06	13:00	13:48	13:58	14:30	SHOT	Final	SENW
F07	13:30	13:48	13:58	15:00	POLE VAULT	Final	SENW
F08	14:25	14:58	15:08	15:55	LONG JUMP	Final	SENM
F09	14:45	15:33	15:43	16:15	HIGH JUMP	Final	SENM
F10	14:45	15:33	15:43	16:15	HIGH JUMP	Final	SENW



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www.welshathletics.org