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**WELSH ATHLETICS**  
ATHLETAU CYMRU

**Welsh Senior & U15 Indoor Championships**  
**National Indoor Athletics Centre, Cardiff**  
**Saturday 29<sup>th</sup> & Sunday 30<sup>th</sup> January 2022**

Dear athlete,

Thank you for your entry into the above event. The Championships will be held under UKA rules and hold a Level 2 license.

Please find enclosed very important details regarding the competition and the procedures in place in relation to planning through COVID-19.

**\*PLEASE READ ALL OF THE FOLLOWING INFORMATION VERY 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.

This is usually done through your club. Welsh Athletics will check the registration of all athletes entered to compete at the Championships. Please contact an official at your club (usually 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 50 pence for an all-day ticket. Parking is available (see overleaf) in numerous locations around the university campus, with all car parks within a 2–3-minute walk from the arena. No parking is permitted roadside outside the arena – police will issue parking fines to anyone parked illegally.

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### Cyncoed Campus Sports Facilities Map



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### SPECTATORS AND COACHES

Following a Risk Assessment in conjunction with the venue operators, Cardiff Met Sport, we are able to accommodate **one** spectator (over the age of 11) per athlete to the event. Spectator tickets must be purchased in advance using the links below:

Day 1: <https://www.eventbrite.co.uk/e/welsh-indoor-senior-u15-championships-day-1-tickets-249333381857>

Day 2: <https://www.eventbrite.co.uk/e/welsh-indoor-senior-u15-championships-day-2-tickets-249342779967>

U11's will be admitted free-of-charge and will not need to register prior to attending.

#### Coach Registration

A number of spaces have been reserved specifically for coaches.

Please note that only one coach per athlete will be permitted due to capacity restrictions at the venue.

Coaches **MUST** pre-register for the days they are attending using the links below.

All coaches wishing to attend the event with their athletes will need to register no later than 5pm on Friday 28<sup>th</sup> January using the following links, and will need to present both their ticket QR code and coaching license on arrival at the venue.

Day 1: [www.eventbrite.co.uk/e/249333381857/?discount=COACH](http://www.eventbrite.co.uk/e/249333381857/?discount=COACH)

Day 2: [www.eventbrite.co.uk/e/249342779967/?discount=COACH](http://www.eventbrite.co.uk/e/249342779967/?discount=COACH)

### ARRIVAL PROCEDURE

Gates will open at 9:15am on Saturday and 9:45am on Sunday

All athletes, coaches and spectators over the age of 11 will need to provide evidence of a negative Lateral Flow Test via the NHS from within 48 hours of the event. Failure to do this will result in access to the building not being granted.

On entry to the building, spectators and coaches will need to provide electronic proof of their ticket purchase. Athletes should proceed directly to registration on the first floor of the venue (turn right at the top of the stairs).

### REGISTRATION/REPORTING

Registration will open at 9:15 on Saturday and 9:45 on Sunday – **athletes should report no later than 90 mins before the timetabled event start time**. It is the individual responsibility of athletes to report and collect their numbers.

We ask that parents avoid queuing for registration with their athletes to reduce the number of individuals in this area at any one time.

Bibs must be worn on the front and back for all events (apart from the jumping events, where only one needs to be worn).

Bibs must be worn as issued and must not be tampered with in any way.

### WITHDRAWAL FROM EVENTS

The following rule (UKA Rule T4) will apply for the duration of the competition:

*“An athlete shall be excluded from participation in all further events (including other events in which they are simultaneously participating) in the competition, in cases where:*

1. *Final confirmation was given that the athlete would start in an event but failed to participate;*

2. An athlete qualified in any Qualification Round of an event for further participation in that event but then failed to participate further;
3. An athlete failed to compete honestly with bona fide effort.”

### **WARMING UP**

Warming up must take place on the 120m straight in the designated area, and following the one-way system. Athletes will have sufficient warm-up attempts on-site for field events.

### **CALL ROOM AND START LISTS**

A call room will be in operation for ALL events over the weekend. Call room will be located at the top of the 120m straight

It is the responsibility of the athlete to ensure they report to Call Room at the correct time.

**Face coverings are mandatory for athletes whilst in Call Room.**

Seeding will take place once all athletes have reported to Call Room.

Start lists will be viewable online here: <https://data.opentrack.run/en-gb/x/2022/GBR/wasidsj22/>

### **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”*

### **EQUIPMENT**

#### Shoes

Athlete should study the latest regulations regarding shoes and ensure that 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, and it is a condition of participation that competitors agree that they may 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 across both track and field events, with the exception of High Jump where 9mm are used.

#### 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.

Materials will be provided to clean implements when they are handed in. They may be collected from the event site on the conclusion of the event, or when athletes are eliminated. As an additional COVID safety measure, UKA Rule 32 S1 which states that an athlete’s personal implements may be used by other competitors will be waived for this event.

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#### Starting Blocks

Personal starting blocks are **NOT PERMITTED**. A number of stadium blocks will be available for warmups.

#### False Start Equipment (FSE)

FSE will be in use for all senior sprint races. U15's will not use FSE.

#### **SEEDING, LANE DRAWS AND TRIALS**

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 once athletes have reported to Call Room.

All athletes will have 3+3 trials in all field events, except for High Jump & Pole Vault. Where in senior field events only except for High Jump & Pole Vault there are only 8 athletes or less, athletes must achieve a valid throw or jump in the first 3 trials to have 3 further trials

#### **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 of their belongings with them. This includes after the conclusion of a height in vertical jumps.

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, **spectators will not be permitted access to the ground floor of the arena during presentation ceremonies** and should remain in the stand at all times.

Presentations will be made to the top three athletes in the Welsh Championships. In the Senior competition, in the event of a non-Welsh athlete winning the overall event, an additional gold medal will be awarded. No other non-Welsh athletes are eligible for medal presentations.

**Athletes must wear face coverings whilst in the presentation area.**

#### **TRIALS AND HEIGHT PROGRESSIONS**

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

#### **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](http://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](http://www.uka.org.uk/cleanathletics). For general Clean Athletics queries, please contact [enquiries@cleanathletics.org](mailto:enquiries@cleanathletics.org).

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#### **TRAVEL RESTRICTIONS**

This event is not exempt from any restrictions relating to quarantine after returning from international travel. If you have returned from a country that requires Government-enforced quarantine after arriving back in the United Kingdom, or quarantine because of your vaccination status, you must not attend the competition.

#### **COMPETITION ORGANISATION**

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

Competition Director – Sue Maughan

Meeting Manager – Lynette Harries

Technical Manager – Dave Jessett

Event Manager / COVID Officer – Darran Williams

#### **COVID-19 RELATED MATTERS**

- As mentioned above, all individuals entering the building will need to show evidence of a negative lateral flow test from within 24 hours of the event date to gain access to the arena. Without this, you will not be allowed to enter the competition venue.
- Masks are compulsory AT ALL TIMES inside the building.
- Please respect individuals who wish to remain socially distanced from others whilst at the competition.
- If you, or a member of your household are either displaying symptoms of COVID-19 or awaiting a PCR Test Result, you must self-isolate in line with Welsh Government guidance and should not attend the competition.

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

Yours sincerely,

**Rhiannon Linington-Payne**  
**Head of Competition**  
**Welsh Athletics**