

**LISTEN
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WELSH SENIOR & U15 CHAMPIONSHIPS
CISC
SATURDAY 14TH & SUNDAY 15TH AUGUST

Dear athlete,

Thank you for your entry into the Welsh Senior & U15 Championships on Saturday 14th & Sunday 15th August. 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

Cardiff International Sports Campus
Leckwith
Cardiff
CF11 8AZ

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 free to all. Parking is in the main stadium car park.

SPECTATORS AND COACHES

Following a Risk Assessment by the venue, we are able to accommodate up to 500 spectators (aged over 11) on each day of the event. Tickets must be purchased in advance using the links below;

Day 1: <https://www.eventbrite.co.uk/e/welsh-senior-u15-championships-day-1-tickets-165898425657>

Day 2: <https://www.eventbrite.co.uk/e/welsh-senior-u15-championships-day-2-tickets-165900024439>

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

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We have reserved a number of spaces specifically for coaches. All coaches wishing to attend the Championships with their athletes will need to register no later than Friday 30th July using the following link: <https://forms.office.com/r/2c6kigA7BT>

REPORTING

Athletes must register at least 90 minutes before their event start time. Please also refer to Call Room Information below.

Athlete registration and Bib Collection will be located in the first floor corridor of the stadium above the finish line. Please note that if you are competing on both days of the Championships, you must complete this process on both days.

Reporting times will be strictly enforced at these Championships. Any athletes reporting late will not be allowed to compete.

Bibs must be worn on the front and back for all events (apart from the jumping events; high jump, pole vault, and horizontal jumps, where only one needs to be worn).

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

It is the responsibility of the athlete to report and advise on their intention to compete.

If an athlete has to withdraw from the competition after registering, or does not compete in all rounds of the event after qualifying, he/she will not be permitted to compete in any other event in the Championships.

Withdrawals should be notified to athlete registration.

Where there are qualifying rounds on the first day, followed by a final on the second day, athletes must also confirm their intention to compete on the second day through the process above.

ATHLETES MUST RETAIN THEIR NUMBER BIBS FOR THE SECOND DAY OF COMPETITION.

WARMING UP

There will be no designated warm up areas for this event. Athletes may use the track for warming up but should remain aware at all times of other events taking place in the arena. In light of this, and for Health and Safety reasons, headphones will not be permitted if warming up on the track.

CALL ROOM

For all events, athletes must go through the Call Room Procedure. The call room will be located in a series of marquees beyond the finish line. Athletes are not permitted to be accompanied to the Call Room by either parents or coaches.

A detailed Call Room schedule will be published and available with the final timetable. Call Room times will be as short as possible and approximately 20 minutes before track events, 75 minutes before pole vault, 45 minutes before high jump and 30 minutes before other field events.

CLOTHING AND BELONGINGS

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

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"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"

Any item not confirming to UKA rules will be confiscated and held in the Call Room until after the competition. Athletes are strongly requested not to bring any items into Call Room which are likely to contravene these procedures. This includes mobile phones and iPods. Welsh Athletics will not be held responsible for any items not collected from the Call Room after the competition.

EQUIPMENT

Shoes

Athlete should study the latest regulations regarding shoes and ensure that their footwear complies. Competition shoes must confirm 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

9mm, with the exception of High Jump & Javelin, where 12mm is permitted.

Personal Implements

These must be submitted to the Technical Manager in the Equipment Room (located underneath the grandstand at the finish line) no later than one hour before Call Room time.

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 these Championships.

Starting Blocks

Personal starting blocks are not permitted.

SEEDING AND LANE DRAWS

Seeding and lane draws will be conducted according to the principles laid down in UKA Technical Rule 20. Lane draws will be displayed online.

Athletes will be expected to compete in all rounds in order to progress to finals.

LEAVING THE COMPETITION AREA

All athletes must leave the competition area as directed by Stewards and Officials as quickly as possible after their event, taking all of their belongings with them. This includes athletes leaving field events after three rounds or after the conclusion of a height in vertical jumps.

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

HEIGHT PROGRESSIONS

Starting heights and progressions will be determined by officials prior to the competition.

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.

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 – Margaret Nelson

Technical Manager – Sue Alvey

COVID PROTOCOLS

Please be prepared for the following, depending on the Public Health situation at the time:

- Completion of an online pre-event screening questionnaire for Track & Trace purposes
- Possible temperature checks
- Reminders to still practice social distancing as often as possible
- Wearing of masks when moving around the grandstand or using toilets

All athletes must complete the following form for Track & Trace purposes prior to arrival at the venue: <https://forms.office.com/r/gwZnV9wXsZ>

Spectator and Coach data for Track & Trace will be collected when registering for tickets.

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

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Yours sincerely,

R Payne

Rhiannon Linington-Payne
Head of Competition
Welsh Athletics



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