

# Welsh Athletics Junior Open

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

SUNDAY 5TH 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 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 Pole Vault and Long 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.

An event-by-event 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 in the warm-up area and 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.

## **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 and card payments will be accepted.

**Strictly no spectators will be allowed access to the arena floor.**

## **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 (including headphones) 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

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

## Seeding for Track Events

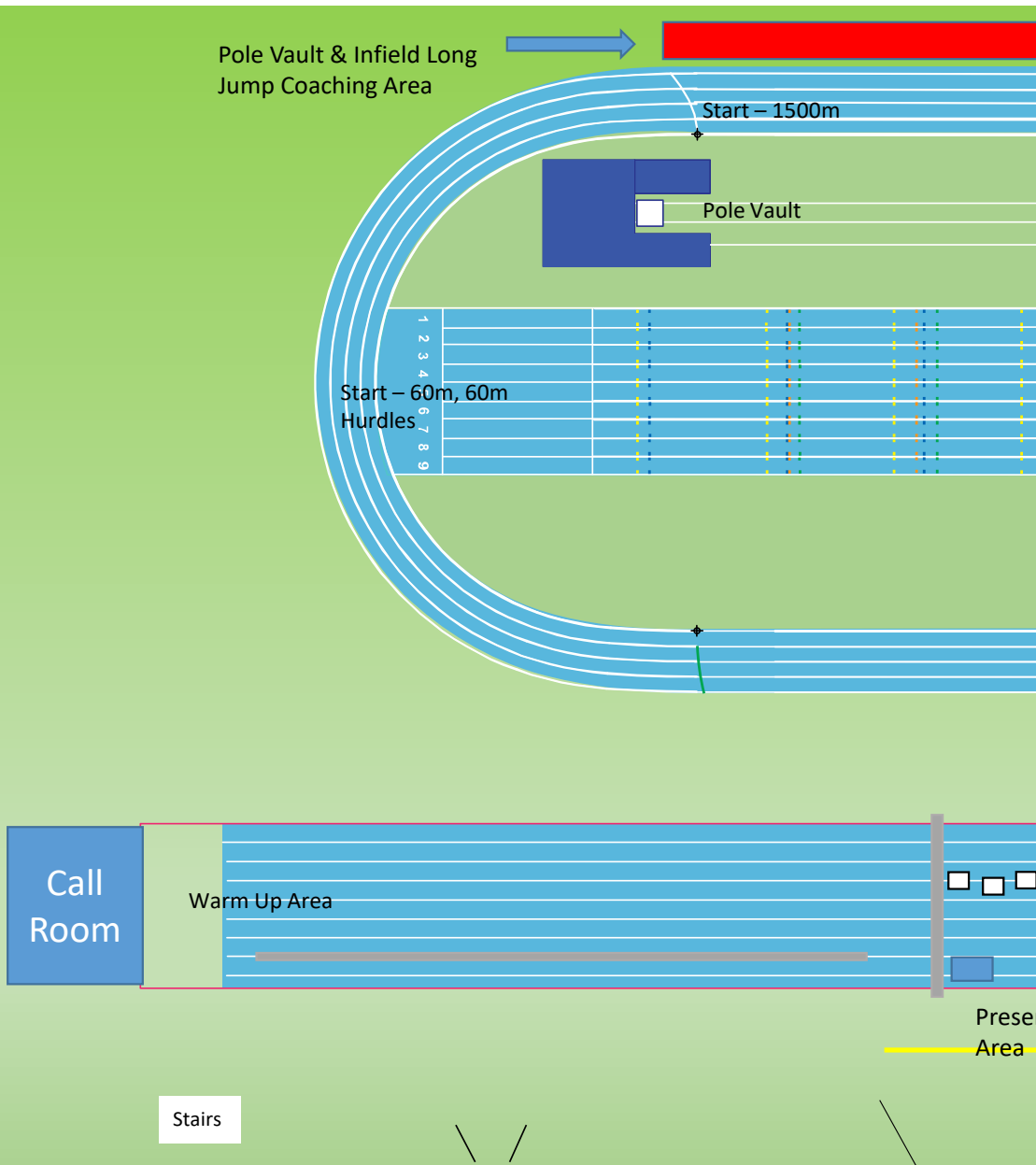
Lane draws will be based on the personal best declared on your entry form. Full seeding guidelines will be available on the day of competition via Event Management if requested.

## Withdrawal from events (UKA rule 142.4)

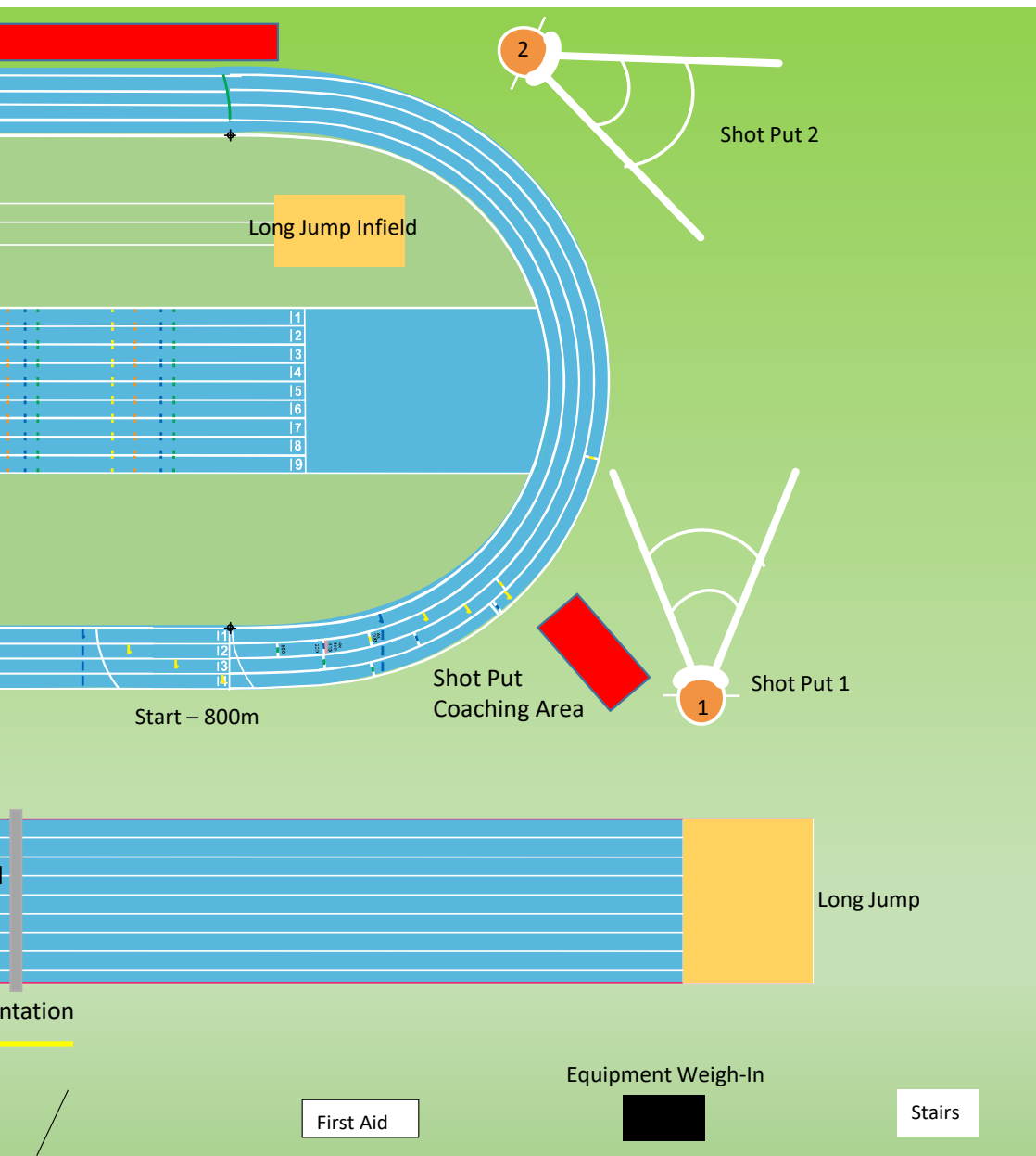
If an athlete fails to participate in an event after registering on the day of competition they shall be excluded from taking part in all further events in the competition.

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

# Arena



# Layout



# Directions to the Venue

## Venue Address

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



## From the East

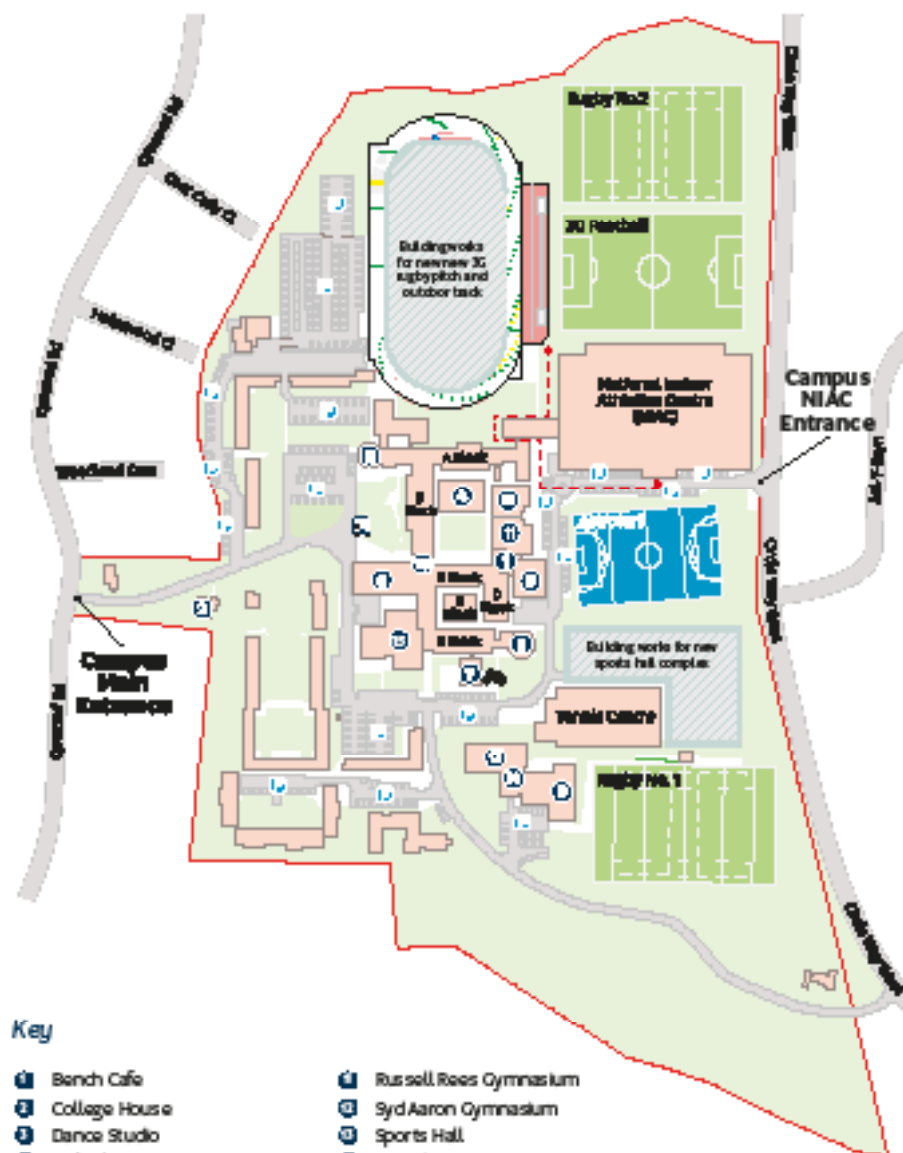
At Junction 29 of the M4, exit onto A48(M) towards Cardiff (E & S).  
Take the third exit on the A48 taking the third exit on the roundabout towards Llanedeyrn.  
Continue straight over the next roundabout.  
At the top of the hill turn left onto Cardiff Metropolitan University Campus.

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



**Cardiff Met**  
SPORT | CHWABAEGN

Welsh Athletics Junior Open  
Incorporating the Regional Championships for  
South Wales, East Wales, West Wales & South West England

Sunday 5th January 2020

**FINAL TIMETABLE**



WELSH ATHLETICS  
ATHLETAU CYMRU

**5th January - TRACK**

	Register By	Call Room IN	TrackTime	Presentation	Event	Age Groups
T01	09:00	10:10	10:30	10:47	1500m	U17M
T02	09:07	10:17	10:37	10:54	1500m	U17W
T03	09:14	10:24	10:44	11:01	1500m	U15B
T04	09:21	10:31	10:51	11:08	1500m	U15G
T05	09:28	10:38	10:58	11:15	1500m	U13B
T06	09:35	10:45	11:05	11:29	1500m	U13G
T07	09:49	10:59	11:19	11:47	60m Hurdles	U17M
T08	10:07	11:17	11:37	12:09	60m Hurdles	U17W
T09	10:29	11:39	11:59	12:31	60m Hurdles	U15B
T10	10:51	12:01	12:21	12:57	60m Hurdles	U15G
T11	11:17	12:27	12:47	13:15	60m Hurdles	U13B
T12	11:35	12:45	13:05	13:41	60m Hurdles	U13G
T13	12:01	13:11	13:31	13:53	800m	U17M
T14	12:13	13:23	13:43	14:01	800m	U17W
T15	13:09	14:19	13:51	14:21	800m	U13G
T16	12:41	13:51	14:11	14:37	800m	U15G
T17	12:57	14:07	14:27	14:49	800m	U13B
T18	12:21	13:31	14:39	15:01	800m	U15B
T19	13:21	14:31	14:51	15:25	60m	U17M
T20	13:45	14:55	15:15	15:45	60m	U13B
T21	14:05	15:15	15:35	16:09	60m	U15B
T22	14:29	15:39	15:59	16:33	60m	U17W
T23	15:21	16:31	16:23	17:01	60m	U15G
T24	14:53	16:03	16:51	17:37	60m	U13G

**5th January FIELD**

	Register By	Call Room IN	Field Time	Presentation	Event	Age Groups
F01	09:00	10:00	10:30	11:40	Shot	U15G
F02	09:15	09:45	10:45	11:55	Pole Vault	U15B
F03	09:15	09:45	10:45	11:55	Pole Vault	U17M
F04	09:30	15:35	11:00	12:46	Long Jump	U13B
F05	10:45	11:45	12:15	13:46	Long Jump	U17W
F06	11:45	12:45	13:15	15:01	Long Jump	U15B
F07	13:00	14:00	14:30	15:40	Pole Vault	U15G
F08	13:00	14:00	14:30	15:40	Pole Vault	U17W
F09	13:15	14:15	14:45	16:28	Shot	U13G
F10	14:10	15:10	15:40	16:53	Long Jump	U17M

**PRESENTATION INFORMATION**

All track Presentations will require all athlete to assemble at the presentation area 10 minutes after the last heat

All athletes in field events will be taken to presentation as soon as the event has finished and the field cards checked for accuracy

Live Results, Start lists & other  
information



SCAN ME



**WELSH ATHLETICS**  
ATHLETAU CYMRU

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