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WELSH ATHLETICS
ATHLETAU CYMRU

**WELSH SENIOR & U15 INDOOR CHAMPIONSHIPS
CARDIFF INTERNATIONAL SPORTS CAMPUS, CARDIFF
SATURDAY 27TH & SUNDAY 28TH JANUARY 2024**

Dear athlete,

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

Important details regarding the competition and the procedures in place follow below;

PLEASE READ ALL OF THE FOLLOWING INFORMATION VERY CAREFULLY

THE EVENT

The Welsh Senior and U15 Indoor Championships will take place at the National Indoor Athletics Centre, Cardiff Metropolitan University on Saturday 27th and Sunday 28th January.

STADIUM ADDRESS

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

ELIGIBILITY TO COMPETE

Please note that in order to compete at these Championships you must be registered as a member with your Home Country Association or your National Federation (Foreign Athletes).

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.

A non-Welsh Athlete can compete as an 'open entrant' but only athlete's eligible to compete for Wales, are eligible to score in the Welsh Championships.

CAR PARKING

Event car parking is available at a cost of 50 pence for an all-day ticket. Parking is available (see map) 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.

There is a route to the indoor arena from the furthest car park if it is needed, red arrows for guidance through halls.

There is a parking app that can be used as machines sometimes do not work. Use the link to download the app [Saba Parking App](#) and set up your account on your phone to park at N.I.A.C

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VENUE MAP



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SPECTATORS AND COACHES

Spectator tickets must be purchased on the day at point of entry to the facility.

SPECTATOR ENTRY: On entry to the building, spectators will need to purchase a ticket at the welcome desk. Spectators (aged over 11) Entry fee to be paid at the entry desk with a cost of £5 per person or a family of 4 (2 adults & 2 children under 16) at £12. U11's will be admitted free-of-charge.

Coach Registration

A number of spaces have been reserved specifically for coaches.

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 17:00 on Friday 26th January using the link below & will need to present both their ticket QR code and coaching license on arrival at the venue.

[Senior & U15 Indoor Champs Coach Registration \(office.com\)](#)

ARRIVAL PROCEDURE

Doors will open at 8:30am on both event days. 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 left at the top of the stairs).

REGISTRATION/REPORTING

Registration will open at 9:00 on both event days – **athletes should report no later than 90 mins before the timetabled event start time, which is when registration closes.** It is the individual responsibility of athletes to report and collect their numbers. Please ensure you arrive in plenty of time as there are often long queues at the start of the day. If you register late, the rules state that you will not be allowed to compete.

We ask that parents and coaches avoid queuing for registration with their athletes.

Bibs must be worn on the front and back for all events apart from the horizontal and vertical jumping events, where only one needs to be worn on the front. Bibs must be worn as issued and must not be tampered with in any way.

Athletes competing on both days must retain their bib numbers - no new numbers will be issued during the weekend. Athletes competing on Sunday must return to registration and re-register for their second day events no less than 90 minutes before their first event of the day, any athlete that fails to re-register on Sunday will not be allowed to compete.

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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.

Athletes must report to Call Room at the correct time. Call Room schedules will be on display at registration and around the venue. This is the responsibility of the athlete.

The following rule (UKA Rule TR4.5) will apply for the duration of the competition:

Failure to Report to the Call Room(s)

Subject always to any additional sanction under Rule 4.4 of the Technical Rules, and except as provided below, an athlete shall be excluded from participation in any event in which they are not present in the Call Room(s) at the relevant time as published in the Call Room schedule (see Rule 29 of the Competition Rules). They shall be shown in the results as DNS

Call Room Timings for Track will be into call room 15 minutes prior to the first start time for heats and Semi Finals. ALL Track finals will need athletes in call room 10 minutes prior to the final start time.

ALL Field events will be in call room 10 minutes prior to exiting to go for warm up trials.

SENIOR MEN LJ: Please note that all senior men will need to register by 11:00 with athletes being allocated to either Pool A or Pool B once registration has closed. Please check OpenTrack to ensure you are aware of which Pool you will compete in and the relevant call room times on the schedule.

Athletes must not take electronic items into Call Room or onto the Field of Play.

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

Start lists will be viewable online and posted in the call room area.

<https://wales.opentrack.run/en-gb/x/2024/GBR/wasenandjunind/>

WITHDRAWAL FROM EVENTS

The following rule (UKA Rule TR4.4) 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.*

An athlete failed to compete honestly with bona fide effort."

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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”

University Vests will be permitted.

EQUIPMENT

SHOES

Athletes 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 document containing instructions on the critical measurement points for shoes is available [here](#).

The Referee reserves 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 worn shoes that infringe this rule may be disqualified at the discretion of the Referee. 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 for checking at least 60 minutes before the start of the event in which they are to be used. **ONLY INDOOR SHOTS ARE PERMITTED.**

Implement checking will be located inside the stadium next to the Shot Put area. Implements may be collected from the event site on the conclusion of the event, or when athletes are eliminated.

STARTING BLOCKS Personal starting blocks are **NOT PERMITTED**. A number of stadium blocks will be available for warmups and the event arena.

Use of starting blocks will be mandatory for the senior age-groups and recommended for U15 events.

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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.

400m male and female athletes: Due to the very large number of entries it has been decided to run 3 rounds to a final, the heats and Semi Finals will take place on Saturday 27th, the Final will take place on Sunday 28th pm.

Certain age groups in the 60m, 200m and 300m also will require 3 rounds of competition this is unprecedented due to the very large entry numbers.

UNDER 15 ATHLETES will have 3 trials in field events except for vertical jumps.

SENIOR ATHLETES will have 3+3 trials in field events, plus 3 further trials for the top 8 after round 3. Where there are 8 athletes or fewer, all athletes will have a straight 6 trials except for vertical jumps. In both the men's and women's Long Jump, two pools will operate. Every athlete will receive 3 trials with the top 8 across both pools receiving an additional three trials.

TRIALS AND HEIGHT PROGRESSIONS

Triple Jump athletes are to notify the event chief judge of their preferred take off board. 9m, 11m and 13m take off boards are on the infield pit, 7m board is in the training pit.

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LEAVING THE COMPETITION AREA

Athletes are no longer required to leave the competition area directly after elimination from a field event. If they wish to leave, they will be directed by an event official the appropriate pathway from the event site and must take their belongings with them.

PRESENTATIONS

Presentations will take place in the centre of the arena as soon as possible after the event. The waiting area is inside the yellow barrier directly in front of the main entrance from reception. Please note, **spectators will not be permitted access to the ground floor of the arena during presentation ceremonies** and should always remain in the stand.

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 finishing in the top 3 they will also be awarded the retrospective colour medal.

Field athletes will be taken directly to presentation. Track medallists will be announced after the timings and PF have been finalised.

PROTESTS

There will be no jury of appeal. Individual discipline referees will consider any relevant information available to inform their decision.

A designated area will be in place to allow any necessary discussions / viewing of presented evidence to take place. The Referees decision is final.

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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:

'All entrants shall be deemed to have made him/herself familiar with and agreed to be bound by the UKA Anti-Doping Rules and to submit to the authority of UK Anti-Doping in the application and enforcement of the Anti-Doping Rules.

The UKA Anti-Doping Rules apply to entrants participating in the sport of Athletics, for 12 months from the date of entry, whether or not the entrant is a citizen of, or resident in, the UK'.

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.

COMPETITION ORGANISATION

The event is organised by Welsh Athletics.

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

Competition Director – Sue Maughan
Meeting Manager – Lynette Harries
Technical Manager – Chris Berry
Event Manager – Alex Donald

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

Yours sincerely,

Alex Donald
Head of Competition
Welsh Athletics