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**WELSH ATHLETICS
ATHLETAU CYMRU**

**WELSH SENIOR & U17 INDOOR CHAMPIONSHIPS
CARDIFF INTERNATIONAL SPORTS CAMPUS, CARDIFF
SATURDAY 18TH & SUNDAY 19TH JANUARY 2025**

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 U17 Indoor Championships will take place at the National Indoor Athletics Centre, Cardiff Metropolitan University on Saturday 18th and Sunday 19th 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 Senior Athlete can compete as an 'open entrant' but only athlete's eligible to compete for Wales, are eligible to score in the Welsh Championships.

All U17 athletes must be Welsh eligible to compete, as a junior you must be affiliated to a Welsh club or Welsh eligible.

CAR PARKING

Event car parking is available at a cost of 50p for an all-day weekend ticket, from parking machines or the app. Parking is available (see page 2) in numerous locations around the university campus, with all car parks within a 2-3-minute walk from the arena.

There are disabled parking spaces and must only be used for attendees with a blue badge, there is a drop off and waiting area [max time 20 minutes] after this parking fines could be issued.

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VENUE MAP



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SPECTATORS AND COACHES

SPECTATORS (aged over 11)

Spectator's must pay an entry fee at the front desk upon arrival:

Adults - £6,

Juniors (11-17) - £4,

Students - £4.

Children (under 11) - Free

*Please note we **do not** accept cash*

COACH REGISTRATION

All licensed coaches wishing to attend the Championships with their athletes will need to register no later than 3pm on Friday 17th January using the following link below.

All coaches who have registered will have access to the coaching areas situated on the site plan (page 4).

*Welsh athletics reserve the right to remove coaches at any time, without reason.

[Senior & U17 Indoor Champs Coach Registration \(office.com\)](https://office.com)

ARRIVAL PROCEDURE

Doors will open at 8:30am on both event days. On entry to the building, spectators will need to proceed directly to the seating area on the first floor of the venue after purchasing a ticket.

All athletes need to report to registration on the far left of the balcony (page 4).

REGISTRATION

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, 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.

There will be no pins issued at registration, if you require pins they can be exchanged for a charitable donation at the retail desk.

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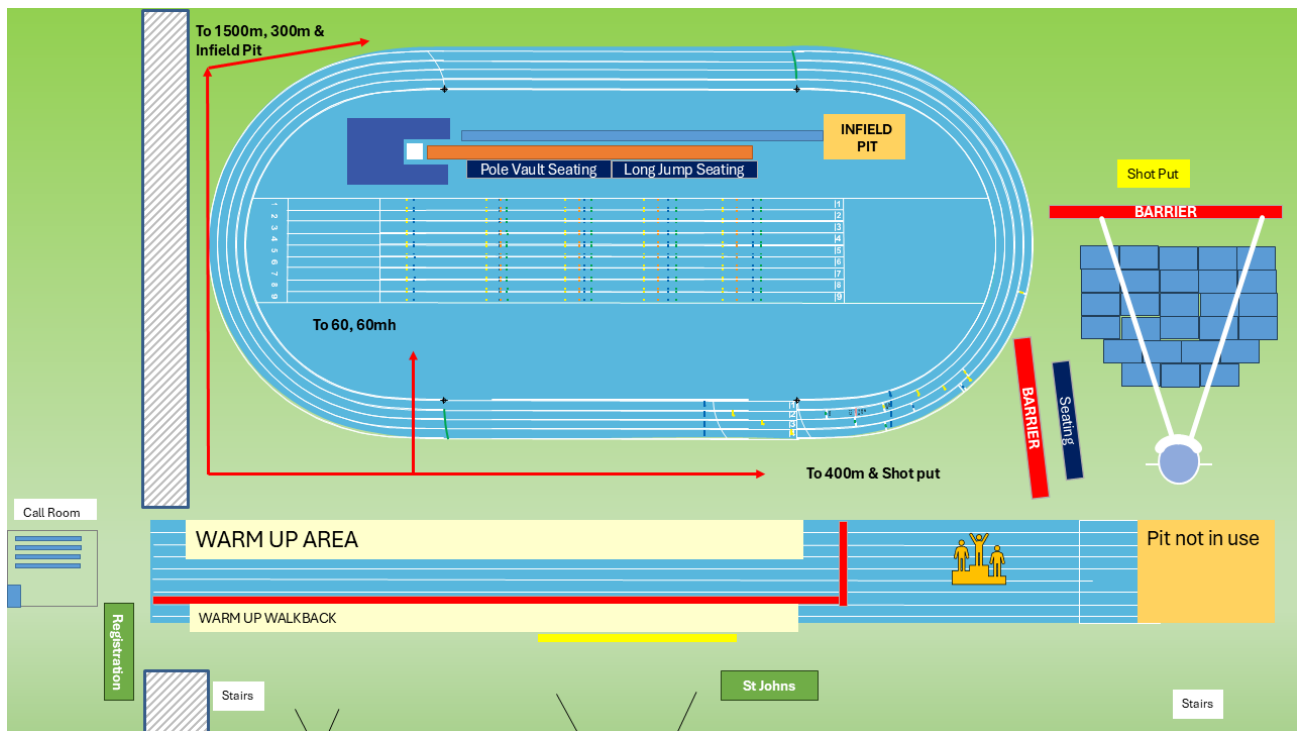


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WARMING UP

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

COMPETITION EVENT SITES – Saturday 18th

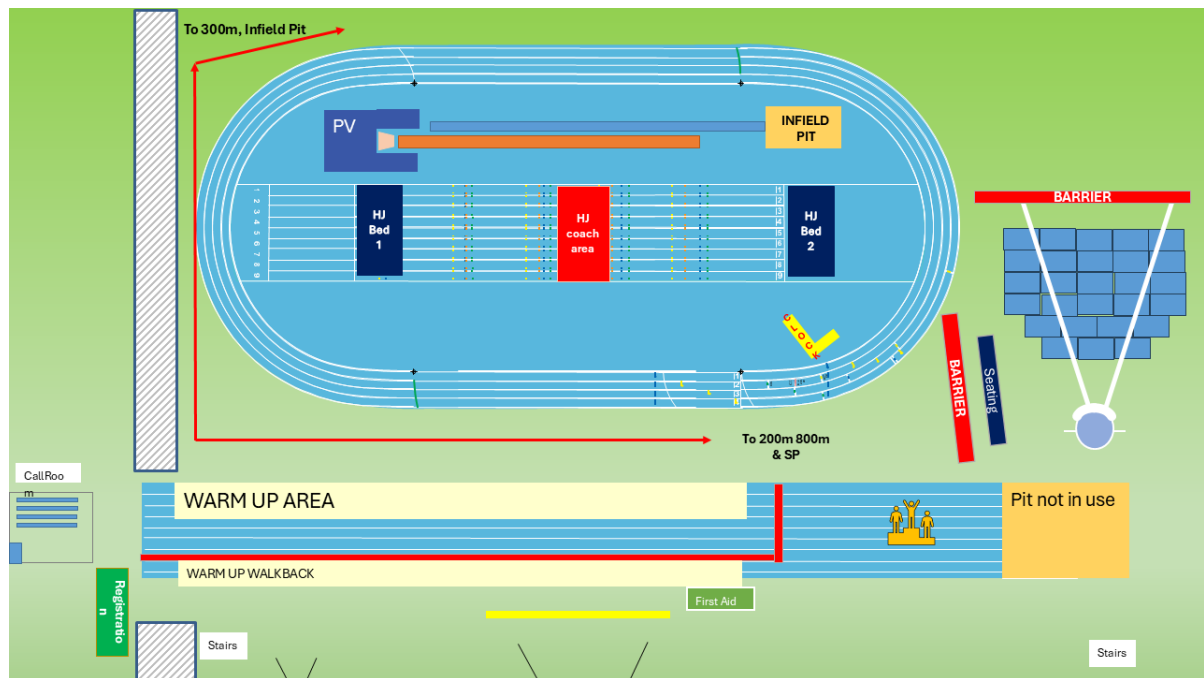


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COMPETITION EVENT SITES – Sunday 19th



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:

- 4. Final confirmation was given that the athlete would start in an event but failed to participate.*
- 5. 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 for U17 events up to and including 400m.

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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. ALL times are downloaded direct from individual athlete profiles on P10.

400m male and female athletes: will have 3 rounds to a final, the heats and Semi Finals will take place on Saturday 18th, the Final will take place on Sunday 19th pm.

Any track races scheduled for heats to additional rounds may change on the day. This is relying on entrants turning up compared to pre-event registration, any second-round races (Finals) that will not be required will have the final run at HEAT time.

Any event that required three rounds and will have reduced numbers for two rounds the final will replace the Semi-Final at the Semi-final time.

UNDER 17 & 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.

Start Heights for the following events are

U17M High Jump = 1.48 – Up in 5s

U17M Pole Vault = 2.42 – Up in 10s

U17W High Jump = 1.28 – Up in 5s

U17W Pole Vault = 2.07 – Up in 10s

Senior Men High Jump = 1.68 – Up in 5s

Senior Men Pole Vault = 3.56 – Up in 15s to 4.16, then 10s

Senior Women High Jump = 1.48 – Up in 5s

Senior Women Pole Vault = 2.56 – Up in 15s to 3.14, then 10s

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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 start of the 120m warm up straight, by the performance gym.

It is the responsibility of the athlete to ensure they report to Call Room at the correct time. Start lists including call room times per event along with live results will be viewable online here: [Home | WA Indoor Senior Championships](#)

Senior Athletes only

Please note that reporting late / failure to report to call room will result in a sanction being issued subject to UKA rule TR4.5 as follows;

'An athlete shall be excluded from participation in any event in which they are not present in the call Room at the relevant time as published in the Call Room Schedule. They shall be shown in the results as DNS.

The relevant Referee will decide on this (including whether the athlete may compete under protest if a decision cannot be made immediately) and the corresponding reference must be made in the official results.'

U17 Athletes

Discretion will be applied.

LEAVING THE COMPETITION AREA

Athletes aren't 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 by the long jump training pits (page 4) as soon as possible after the event. The waiting area is beside the presentation area. 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 placing 1st they will receive a gold medal.

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

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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**.

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 Price
Event Manager – Euan Coney

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

Welsh Athletics Competition Team