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**WELSH ATHLETICS**  
ATHLETAU CYMRU

**Welsh Athletics Junior Indoor Open**  
(inc. East Wales, South Wales, West Wales & Southwest England Championships)  
**National Indoor Athletics Centre, Cardiff**  
**Sunday 3<sup>rd</sup> December 2023**

Dear athlete,

Thank you for your entry into the above event. The Championships will be held under UKA rules and hold a Level 1 license.

Please find enclosed very important details regarding the competition

**\*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 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 will or could be issued by parking management on site.

No parking is permitted roadside outside the arena – police will issue parking fines to anyone parked illegally.

If you are unable to find a fully functioning machine to issue parking tickets, you may use the app for SABA or use the link [Saba Parking | Parking in the UK](#)

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### Cyncoed Campus Sports Facilities Map



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### **SPECTATORS AND COACHES**

**SPECTATORS** (aged over 11) ALL spectators will need to pay £5.00 per person. Under 11's will be allowed free entry to the facility. Payment will be taken at the Welcome Desk at the entry to reception.

### **COACH REGISTRATION**

All coaches wishing to attend the Championships with their athletes will need to register no later than 5pm on Friday 1<sup>st</sup> December using the following link: **ALL** Coaches must have a valid up to date licence. [Click Here](#)

### **ARRIVAL PROCEDURE**

**On entry to the building, spectators will need to purchase a ticket for entry. Card payment is preferred.**

**Athletes should proceed directly to registration on the first floor of the venue.**

Turn left at the top of the stairs, registration will be at the far-left hand side alongside a new office cube.

### **REGISTRATION/REPORTING**

Registration will open at 09:45 – **athletes should report no later than one and a half hours (90 minutes) before their first timetabled event start time.** Each event will be closed for registration one hour before the event start time so that athletes can be seeded. Athletes who arrive late may not be allowed entry. It is the individual responsibility of athletes to report and collect their numbers. **We do ask with the new layout and reduced space only athletes visit registration and not parents. Parents should only attend registration if athlete's require help / assistance.**

Bibs must be worn on the front and back for all events (apart from Long Jump, Triple Jump & High Jump events, where only one needs to be worn.) Two numbers must be worn for ALL track events. Bibs must be worn as issued and must not be tampered with in any way.

### **WARMING UP**

Warming up must take place on the 120m straight up to the presentation 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. Start lists and event results will be viewable online here: [Start Lists & Results](#) Field athletes DO NOT visit call room they need to be at their event site no less than 20 minutes before the event site for warm-up trials. ONLY track athletes report to the call room, situated at the left of the arena at the end of the 100m straight.

### **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"*

Athletes competing in the Junior Open element of the competition may wear a vest that does not fall into one of these categories.

## **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 for track & Long Jumps and 9mm High Jump.

### **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.** Once any personal equipment has been passed to be weighed it will remain in that events equipment pool until the event has finished, when finished the athlete can take their own items away with them.

### **STARTING BLOCKS**

**PERSONAL STARTING BLOCKS ARE NOT PERMITTED PLEASE DO NOT BRING STARTING BLOCKS INTO THE STADIUM.** A number of stadium blocks will be available for warm up and events.

## **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 be created 60 minutes before each block of race start times. Field events will be drawn randomly for each event unless split into pools, events where there are more than 20 athletes will be split into pools, they will then be seeded shortest to longest in long jump pools, Pool 'A' will be the shorter pb's pool 'B' the larger pb's.

## **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, **parents will not be permitted access to the ground floor of the arena during presentation ceremonies** and should always remain in the stand.

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Presentations will be made to the top three athletes in the East Wales, South Wales, West Wales, and Southwest England Championships. Presentation for events where there are two pools will not be presented until both pools are complete and signed off by the field referee.

### **TRIALS AND HEIGHT PROGRESSIONS**

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

All athletes will have three trials in all field events and two warm up trials with the exception of High Jump.

### **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).

### **COMPETITION ORGANISATION**

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

Track Referee – Carol Strange

Field Referee – Sue Alvey

Event Manager – Alex Donald/Darran Williams

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**

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**STADIUM LAYOUT – SUNDAY DECEMBER 3<sup>RD</sup> JUNIOR OPEN DAY 1**

