

**LISTEN
ENGAGE
REPRESENT**



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 7th January 2024

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 this event 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. 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 can 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](#)

**LISTEN
ENGAGE
REPRESENT**



**WELSH ATHLETICS
ATHLETAU CYMRU**

Cyncoed Campus Sports Facilities Map



Larger Car Parking sites are inside the purple squares
The outside track car park is also available to use and a 5-minute walk back to the indoor track
Direction shown with purple arrows
There is a path direct from the car park past 'A Block' to the front of the building

**LISTEN
ENGAGE
REPRESENT**



WELSH ATHLETICS
ATHLETAU CYMRU

ARRIVAL PROCEDURE SPECTATORS & COACHES

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 £12.

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 outside office cube above the warm up straight. We do insist athletes only to reduce the amount of people at registration if athletes need support only one parent to accompany athletes.

REGISTRATION/REPORTING

Registration will open at 08:45 – **athletes are required to register 90 minutes before their first event start time.**

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, only if athletes require help at registration should parents remain with their children.

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

Call Room will be set in the Anex at the start of the warm up area, TRACK ONLY are to attend Call Room Field events report to the event site. At the warm up start time.

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

Athletes must report to call room call room will be in operation athletes must report to the event site 15 minutes prior to the event start time for track or event warm up time for field. Start lists and event results will be viewable on OpenTrack here: [Start lists & Results](#)

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.

**LISTEN
ENGAGE
REPRESENT**



WELSH ATHLETICS
ATHLETAU CYMRU

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 worn 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 across both track and field events.

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.

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.

Starting Blocks

PERSONAL STARTING BLOCKS ARE NOT PERMITTED. A number of stadium blocks will be available for warmups. Please do not bring your personal blocks

START LISTS

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 take place 60 minutes prior to the start of each event. All athletes will have three trials in all field events.

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 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.

Presentations will be made to the top three athletes in the East Wales, South Wales, West Wales, and Southwest England Championships.

**LISTEN
ENGAGE
REPRESENT**



WELSH ATHLETICS
ATHLETAU CYMRU

FIELD TRIALS & HEIGHT PROGRESSIONS

ALL athletes receive three event trials and two warm up trials. In all throws and long jump, start heights and progressions for Pole Vault will be set at the event site when athletes arrive for warm up.

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.

COMPETITION ORGANISATION

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

Meeting Manager – Alex Donald
Technical Manager – Peter Gregson
Event Manager – 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