

**LISTEN  
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Welsh Senior & U15 Championships  
Cardiff International Sports Campus, Cardiff  
Saturday 15<sup>th</sup> & Sunday 16<sup>th</sup> June 2024

Dear athlete,

Thank you for your entry into the above event. The Championships will be held under UKA & WPA rules and 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 Championships will take place at Cardiff International Sports Campus on Saturday 15<sup>th</sup> June and Sunday 16<sup>th</sup> June.

**STADIUM ADDRESS**

Cardiff International Sports Campus  
Leckwith Road  
Cardiff  
CF11 8AZ

**ELIGIBILITY TO COMPETE**

Please note that 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.

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**

Parking is **VERY** limited and therefore we advise planning alternatives in advance. Event car parking is now pay and display at the facility. The machines will take cash and card, please use the machines around the site, we recommend the use of public transport where possible to get to the venue.

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### **SPECTATORS AND COACHES**

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. U11's will be admitted free-of-charge and will not need to register prior to attending.

#### **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.

<https://forms.office.com/e/gskGmcAxjh>

All coaches wishing to attend the event with their athletes will need to register no later than 1pm on Friday 14<sup>th</sup> June using the following links and will need to present a valid up to date coaching license on arrival at the venue. Coaches will be issued either with a wrist band or hand stamp, a different one will be issued each day.

### **ARRIVAL PROCEDURE**

Gates will open at 8:30am on both event days. Entry into the venue is via **Gate 'A'** alongside the stadium's main entrance.

On entry to the venue, spectators and coaches will need to purchase their ticket. Athletes should proceed directly to registration which is situated in the far left of the grandstand – via Block 2.

### **REGISTRATION/REPORTING**

Registration will open at 8:30 on both event days – **athletes should report no later than 90 mins before the timetabled event start time.** It is the individual responsibility of athletes to report and collect their numbers.

Registration will be based at the top of the stand and will be clearly signed.

We ask that parents and coaches avoid queuing for registration with their athletes. This will reduce the amount of people at this point. If a parent has to accompany any U15 athlete only one person to accompany them please.

Bibs must be worn on the front and back for all events (apart from the jumping events, where only one needs to be worn). 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 may be refused to compete if numbers issued on Saturday are not produced on Sunday.

**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.**

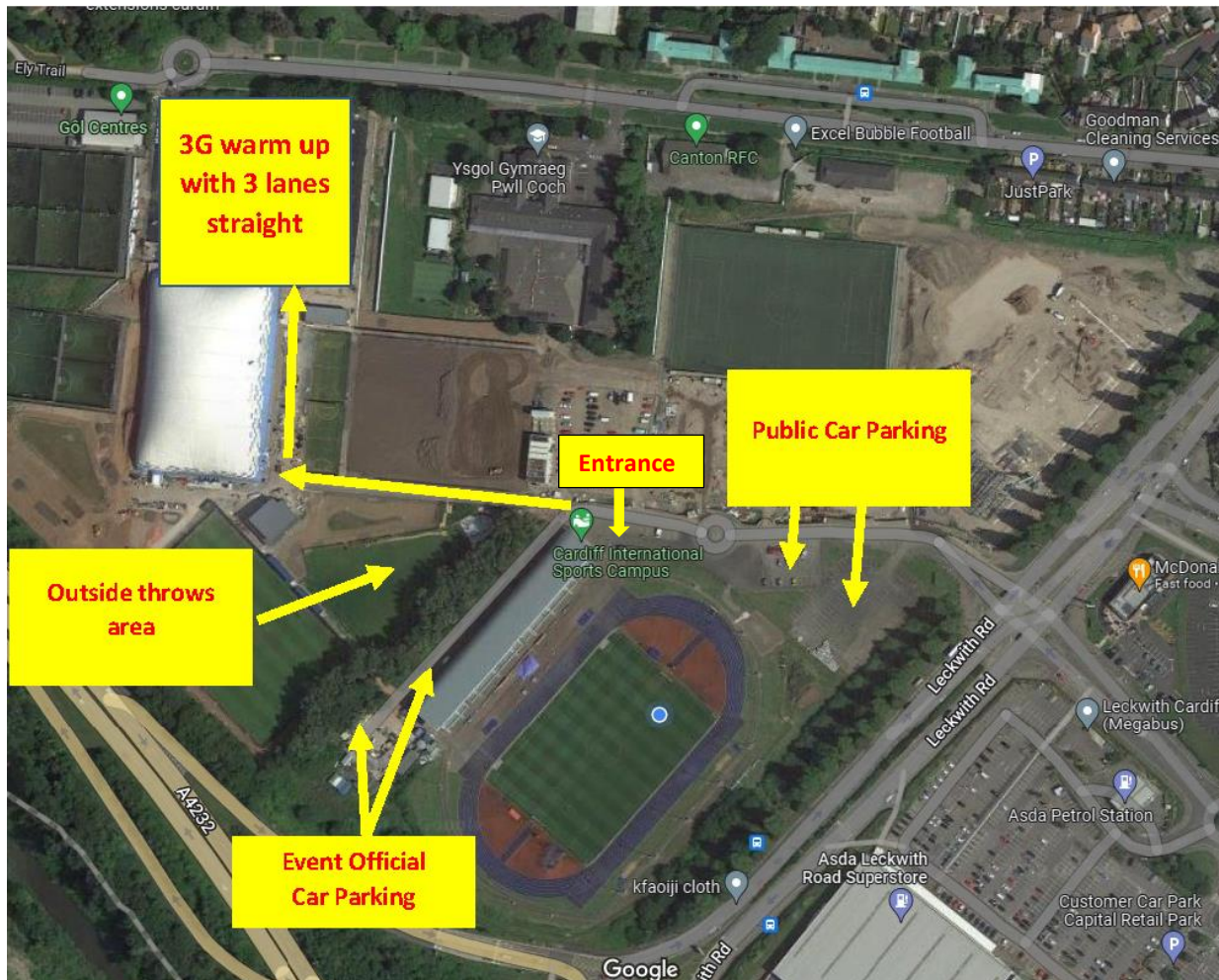
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## WARMING UP

Warming up must take place on the external 3G pitch (see map below).  
Athletes will have a minimum of 2 warm-up trials on-site for field events.



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## EVENT SITES

The following event sites will be in use.

- The Shot Put will take place outside the track, near the water jump.
- The Discus & Hammer Competitions will take place at the 'outdoor throws area' at the rear of the stadium.
- The Javelin will take place on the infield.

## 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 end of the main home straight finish line in the red marquees.

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: [Welsh 106th Senior & U15 T&F Championships 2024 — Start Lists / Results \(opentrack.run\)](#)

### 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.'*

### U15 Athletes

Discretion will be applied.

## 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”*

## **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](#).

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 at least 60 minutes before the start of competition. Equipment weigh-in will be located in the centre of the stand at Ground Floor level, Block 4.

**STARTING BLOCKS** Personal starting blocks are **NOT PERMITTED**. They will not be permitted on site; 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.

## **400m – POLE VAULT – FEMALE LONG JUMP – EVENT INFORMATION**

### **MALE 400m**

Based on the current entry numbers, the Male 400m event will be run over three rounds with heats and semi-finals taking place on the Saturday, and the final taking place on Sunday afternoon. However, if only 24 athletes or less register, there will be heats and a final on the Saturday (with no race on the Sunday) If numbers are reduced on the day to 24 athletes, then there will only be heats and finals on Saturday and the final Sunday will not take place. ALL relevant athletes will be emailed this information beforehand.

### **POLE VAULT**

To manage the high number of entries and variance in starting heights across all pole vault events, the events will be split, based on personal bests with 2 competitions taking place on each day.

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On Saturday U15 girls & Senior women athletes with a pb up to 3.00m will take part in Group 1 at 11:00am. Athletes with a valid PB of 3.05m and over will be in Groups 2 at 14:00

On Sunday U15 boys & Senior Men athletes will follow the same pattern. Athletes with PB's up to 4.16 will be in Group 1 at 11:00am, athletes with a PB over 4.26 will be group 2 at 14:00. (ALL athletes will be emailed this information beforehand.

In future Welsh championship events (indoors and outdoors) standards will be introduced to manage entry numbers.

### **FEMALE LONG JUMP SUNDAY 16<sup>TH</sup>**

Due to the high number of entries across all events, including this long jump, and challenges of event sites and number of available officials it was agreed that the female long jump will not be split into pools but run as one event an additional 3 more. In future Welsh championship events (indoors and outdoors) standards will be introduced to manage entry numbers. ALL athletes will be emailed this information beforehand.

### **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 take place once athletes have reported to Call Room.

In all able-bodied field events (except High jump & Pole vault) all senior athletes will get 3 trials with the top 8 getting an additional 3. If there are 8 or fewer athletes, all will receive 6 trials.

In para events all athletes will receive 6 trials in line with WPA rules.

U15 athletes will have three trials in all field events, except for High Jump & Pole Vault.

### **PRESENTATIONS**

Presentations will take place as soon as possible after the event. Please note, **spectators will not be permitted access to the track/competition area during presentation ceremonies** and should remain in the stand to take photographs.

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 winning the overall event, an additional gold medal will be awarded. No other non-Welsh athletes are eligible for medal presentations.

### **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:

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*'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](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).

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#### **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 – Jack Lambert

Event Manager – Euan Coney/Darran Williams

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

Yours sincerely,

**Welsh Athletics Competitions**