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**WELSH ATHLETICS**  
ATHLETAU CYMRU

**Welsh Senior & U15 Indoor Championships  
Incorporating Para events  
National Indoor Athletics Centre, Cardiff  
Saturday 28<sup>th</sup> & Sunday 29<sup>th</sup> January 2023**

Dear athlete,

Thank you for your entry into the above event. The Championships will be held under UKA and [World Para Athletics](#) rules and hold a Level 2 license.

**\*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.

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### 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.

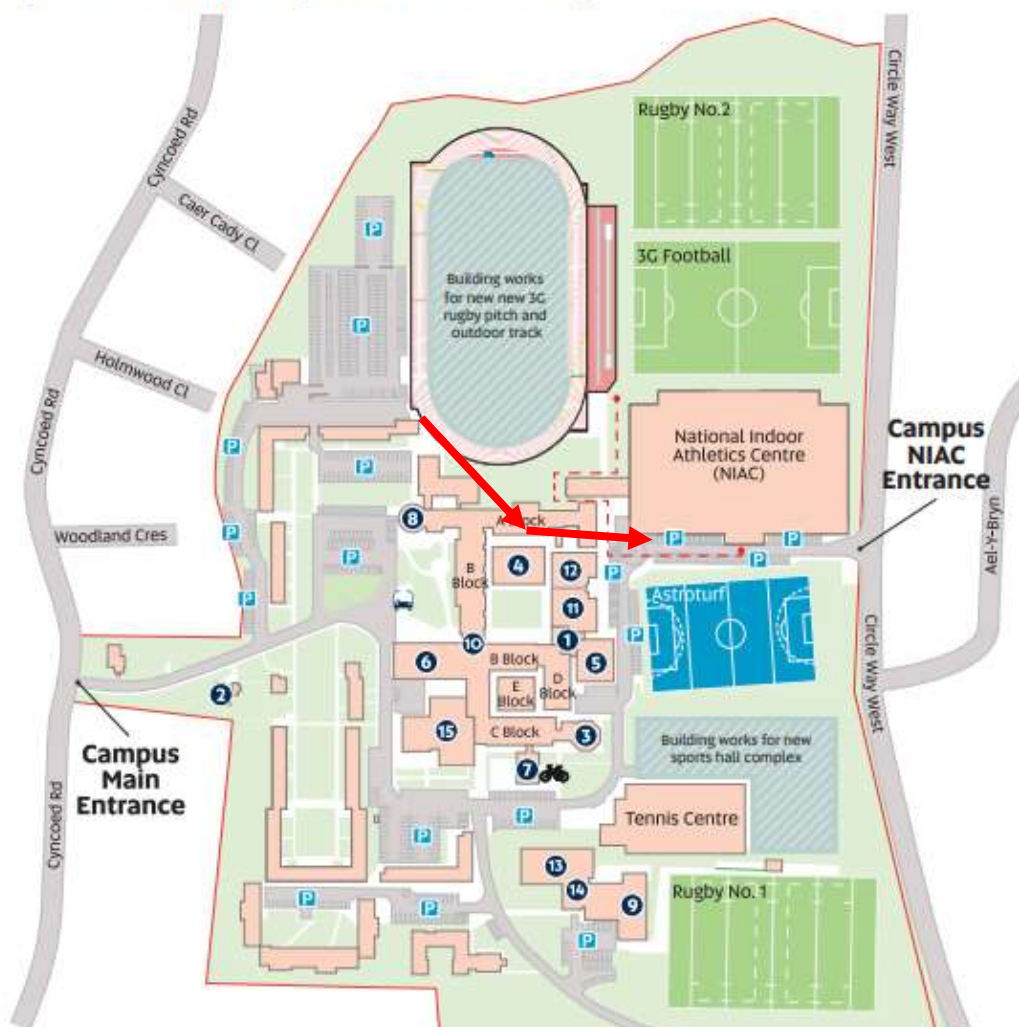
No parking is permitted roadside outside the arena – police will issue parking fines to anyone parked illegally.

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

### Cyncoed Campus Sports Facilities Map



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### **SPECTATORS AND COACHES**

Spectator tickets must be purchased in advance using the link below:

<https://www.eventbrite.co.uk/e/welsh-indoor-senior-u15-championships-2023-tickets-489361331917>

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

#### **Coach Registration**

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 5pm on Friday 27<sup>th</sup> January using the following link and will need to present both their ticket QR code and coaching license on arrival at the venue. **The Coaching licence must be always made visible during the day, only coaches displaying their licence will be allowed into the warm up area and or coaching points around the arena.**

[www.eventbrite.co.uk/e/489361331917/?discount=COACH](http://www.eventbrite.co.uk/e/489361331917/?discount=COACH)

### **ARRIVAL PROCEDURE**

Gates will open at 8:30am on Saturday and 8:30am on Sunday

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 right at the top of the stairs).

### **REGISTRATION/REPORTING**

Registration will open at 8:30 on Saturday and 8:30 on Sunday.

**All athletes MUST report to registration no later than the following time before their first timetabled event start time: 90 minutes**

**ALL ATHLETES** if competing on both days athletes must register at the registration desk on both days. Saturday you will be issued with two numbers for the events that day, then if competing on the Sunday too you must retain those numbers for Sunday's events. Sunday you will not be re issued new numbers. Failure to do so may see athletes not allowed to compete, there are no spare numbers to be issued

It is the individual responsibility of athletes to report and collect their numbers.

We ask that parents avoid queuing for registration with their athletes to reduce the number of individuals in this area at any one time.

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.

Bibs must be worn as issued and must not be tampered with in any way.

### **WITHDRAWAL FROM EVENTS**

The following rule (UKA Rule T4) will apply for the duration of the Championships:

*“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.*
- 3. An athlete failed to compete honestly with bona fide effort.”*

### **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. This is the responsibility of the athlete.

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:

<https://wales.opentrack.run/en-gb/x/2023/GBR/wasenandjunind/event/>

### **CLOTHING AND BELONGINGS**

Competition clothing will be checked for conformity to UKA competition rules (see below). As this event is 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**

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**

Maximum 6mm across both track and field events, except for High Jump where 9mm are permitted.

#### **PERSONAL IMPLEMENTS**

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These must be submitted to the Technical Manager for scrutiny at least 60 minutes before the start of the event in which they are to be used.

**ONLY INDOOR SHOTS ARE PERMITTED.**

Implement scrutiny 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**. Stadium blocks will be provided for warm up.

**FALSE START EQUIPMENT (FSE)**

FSE will be in use for all senior sprint races. U15's will use the same blocks with the FSE not in use.

**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.

Under 15 athletes will have 3 trials in field events except for vertical jumps.

Senior athletes will have 3+3 trials in field events, except for vertical jumps, 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.

**ALL SENIOR LONG JUMP ENTRIES**

On Sunday, due to the very large entry numbers, the Senior Women's and Senior Men's Long Jump will be split into equal pools, based on the athletes who have registered on the day. All athletes will have straight 6 trials in both event pools and ranking, including medal positions, will be determined by combining results from the two pools.

All athletes must all register at the same time for these events, in order to be allocated into pools. The different call room, warm-up and start times for each pool will be posted.

Pool A will be those athletes with lower pbs declared in the entry system, and Pool B will be the those with higher pbs.

If only 16 or fewer athletes register for either the Senior Men's or Senior Women's long jump, the event will be run as 1 pool with all athletes having 3 trials and the top 8 after round 3 having 3 further trials.

**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 as soon as possible after the event. 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.



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

### **TRIALS AND HEIGHT PROGRESSIONS**

Starting heights and progressions will be set prior to the event and will be briefed to athletes in the call room. These may be adjusted at the event site after warming up if agreed with the field referee.

Triple Jump athletes are to notify the event chief judge of their preferred take off board.

### **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 competition:

Competition Director – Chris Lawrence

Meeting Manager – Lynette Harries

Technical Manager – Nick Higman

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,

**Rhiannon Linington-Payne**  
**Head of Competition**  
**Welsh Athletics**