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WELSH ATHLETICS
ATHLETAU CYMRU

**Welsh U20, U17 & U13 Indoor Championships
Incorporating Para events
National Indoor Athletics Centre, Cardiff
Saturday 4th & Sunday 5th February 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.

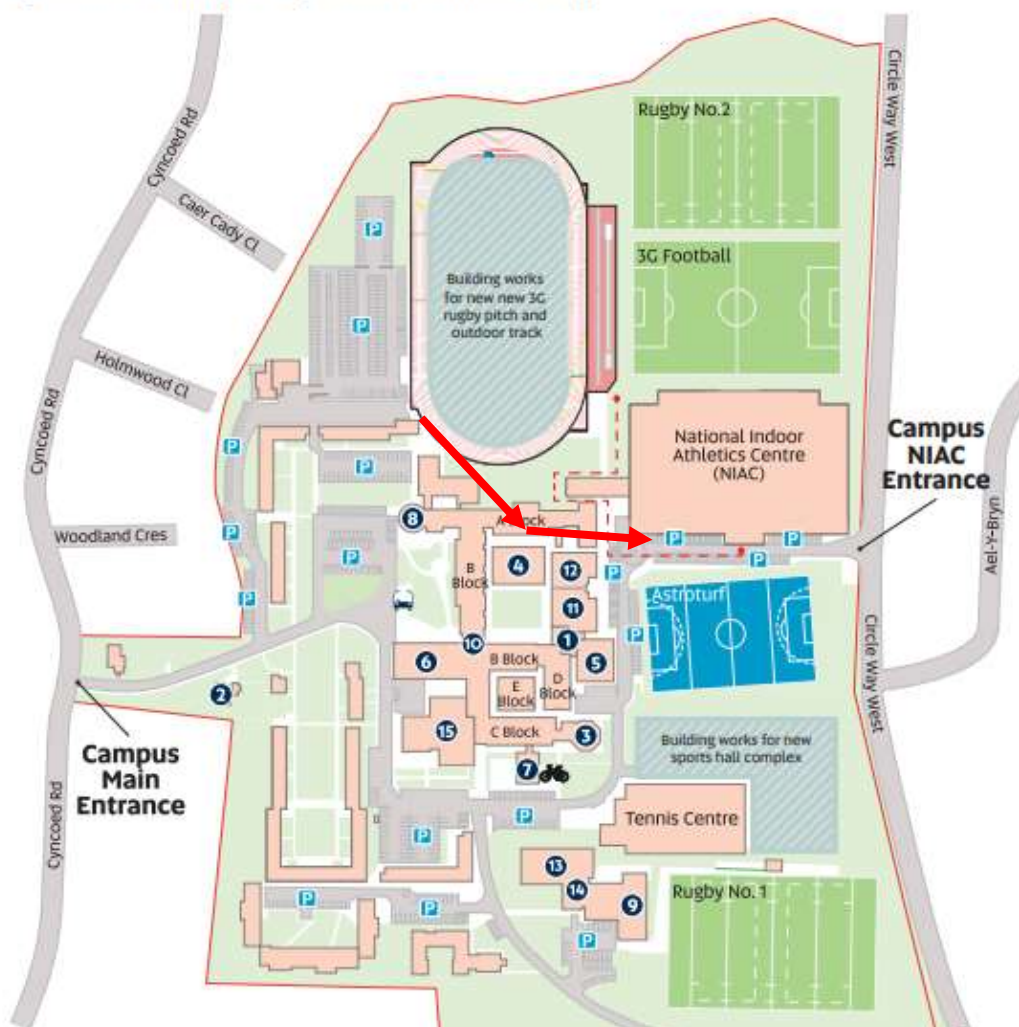
No parking is permitted roadside outside the arena – police will issue parking fines to anyone parked illegally.

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-u13u17u20-championships-2023-tickets-528429887017>

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 27th 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/528429887017/?discount=COACH

ARRIVAL PROCEDURE

Gates will open at 8:45am 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 9:00 on Saturday and 8:45 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 WARM UP AREA, CALL ROOM OR ONTO THE FIELD OF PLAY.

Seeding will take place before all athletes have reported to Call Room.

Start lists will be viewable online: <https://wales.opentrack.run/en-gb/x/2023/GBR/wajunind/event/>

CHECK IN TIME IS INTO CALL ROOM NOT TO COLLECT NUMBERS

Medal Table to view online [Welsh Athletics Junior Indoor T&F Championships \(opentrack.run\)](https://wales.opentrack.run/en-gb/x/2023/GBR/wajunind/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

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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

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)

This system will not be used this weekend

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

U20 & U17 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.

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 U20 competition, in the event of a non-Welsh athlete finishing in the top 3 they will also be awarded the retrospective colour medal.

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.

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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 competition:

Competition Director – Nick Higman

Meeting Manager – Julie Dew

Technical Manager – Chris Berry

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