

1.	<u>REGISTERED</u>	Athletes competing in the Welsh Championships must have paid their competition entry fee to Welsh Athletics prior to the competition day. Athletes must also have paid and registered with their club and Welsh Athletics. Registration checks will be in place prior to the competition.
2.	<u>HEALTH &amp; SAFETY</u>	Athletes compete entirely at their own risk. Welsh Athletics cannot accept responsibility for personal accidents, loss or damage to personal property or any public liability.
3.	<u>COACHES</u>	All coaches who wish to have free entry and access to the warm up area <b>must</b> produce their coaching licence on arrival to the stadium. Only athletes and those with coaching accreditation will be granted access to the Warm-Up area.
4.	<u>PHOTOGRAPHY/FILMING</u>	Anyone who wishes to take pictures will need to register their equipment at the <b>Entry Desk</b> ; Anyone who does film and has not acquired approval will be asked to hand over their recording equipment. This also applies to smart devices - mobile phones, iPods, tablets etc.
5.	<u>ANTI DOPING</u>	Athletes hereby (i) acknowledge that I am bound by UKA's Anti-Doping rules, (ii) agree to submit to testing in connection with this event in accordance with UKA's Anti-Doping rules (which may involve my providing a blood and/or urine sample); and (iii) confirm that I am either aged 18 years or older or that the person(s) having parental responsibility for me consent to the above testing. To check the status of registered medicines please visit <a href="http://www.globaldro.com">www.globaldro.com</a> . For information on testing procedures please visit <a href="http://www.ukad.org.uk">www.ukad.org.uk</a> . The UKA Anti-Doping Rules are available at <a href="http://www.britishathletics.org.uk/cleanathletics">www.britishathletics.org.uk/cleanathletics</a> . For general Clean Athletics queries please contact <a href="mailto:enquiries@cleanathletics.org.uk">enquiries@cleanathletics.org.uk</a> . Athletes must ensure that they register prescribed medication containing prohibited substances prior to any use or (in emergency cases) immediately after use, for more information visit <a href="http://www.britishathletics.org.uk/cleanathletics/check-your-medication/">www.britishathletics.org.uk/cleanathletics/check-your-medication/</a> .
6.	<u>REPORTING TIME FOR NUMBERS</u>	Numbers must be collected no later than <b>90 MINUTES</b> before an athlete's first event for both track and field events. <b>When collecting numbers athletes must indicate all the events in which they will be taking part to the steward.</b> Athletes who report late run the risk of not being able to compete. The following emergency contact number will be available on the day to inform the registration team if you are running late. Please note, under no circumstances will the start time of a race be delayed. <b>** 07864 613665 **</b>
7.	<u>NUMBERS</u>	All competitors <b>MUST</b> wear 2 numbers (as issued), with the exception of competitors in the high jump or pole vault who may wear a single number on the back or front only.
8.	<u>REPORTING TIME FOR COMPETITION/FINAL CALL ROOM</u>	For track events competitors must report to the Final Call Room ( <b>20 minutes</b> ) before the event is due to start. For <b>field events</b> competitors must also report <b>to the Call Room</b> using the schedules displayed for timings. If an athlete fails to report to the Call Room, they will not be allowed to compete.
9.	<u>IMPLEMENT CHECKS</u>	Personal field equipment must be checked by the Technical Manager at least 60 minutes before the event.
10	<u>TIMETABLE</u>	<b>The Competition Director, Meeting Manager and Referees reserve the right to make any alterations in the programme that may be deemed necessary.</b>
11	<u>WARM UP AREA</u>	<b>TRACK</b> warming up to be in the designated warm up area on the 120m straight track taking care not to obstruct events taking place on the 200m track. <b>FIELD</b> Athletes will be allowed warm up attempts prior to the event. <b>Athletes are not permitted to bring personal music equipment or mobile telephones into the WARM UP or COMPETITION area.</b>
14	<u>VESTS/CLOTHING</u>	In all events, competitors must wear at least vest and shorts (or equivalent clothing) which are clean and designed and worn as not to be objectionable, even when wet. Competitors must wear the vest of their first claim affiliated Club, Regional, University or National vest. (UKA Rule 143 S1)
15	<u>QUALIFICATION OF HEATS TO FINALS</u>	Heats will be seeded according to personal bests as declared and lanes will be randomly allocated. Qualification criteria will be displayed on start lists for all relevant events.
16	<u>AWARDS</u>	Athletes' awards will be made throughout the day. The first 3 athletes (U13, U15 & U17 age groups) should report to the presentation area after their event ready for presentation. In the U20 age group, the first three Welsh athletes will be awarded medals. In the event of a non-Welsh winner, they will also be awarded a gold medal as the Open Winner. No other non-Welsh athletes will be eligible for a medal.

<b>17</b>	<b><u>TRIALS</u></b>	All U13 & U15 athletes competing in horizontal jumps and shot put will have 3 trials only. All U17 & U20 athletes will have 3 trials, plus a further three for the top eight placed athletes.
<b>18</b>	<b><u>WITHDRAWING FROM EVENTS</u></b>	Athletes, who fail to compete in finals after having qualified to do so, without giving a valid reason to the referee, shall be excluded from competing in any further events (track or field) for the remainder of the meeting.
<b>The Competition Director, Meeting Manager and Referee's decision is final.</b>		