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## Welsh U13, U15 & U20 Indoor Championships Incorporating Para events

National Indoor Athletics Centre, Cardiff  
Saturday 17<sup>th</sup> & Sunday 18<sup>th</sup> January 2026

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 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.

### CAR PARKING

Event car parking is available at a cost of 50p 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 could be issued.

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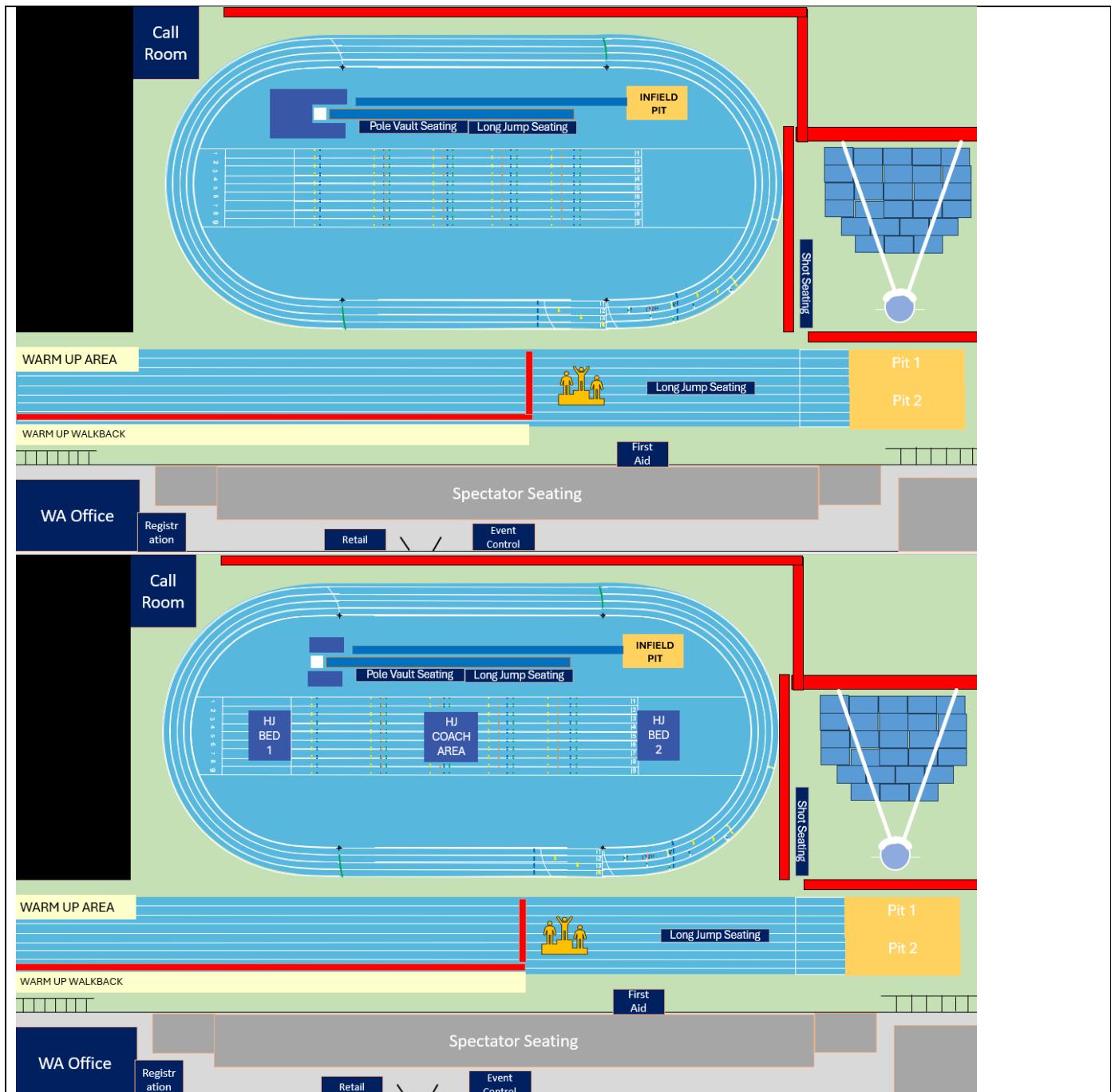
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## SPECTATORS AND COACHES

### SPECTATORS (aged over 11)

Spectator's must pay an entry fee at the front desk upon arrival:

Adults - £6

Juniors (11-17) - £4

Concessions - £4

Children (under 11) - Free

*Please note we do not accept cash*

### COACH REGISTRATION

All licensed coaches wishing to attend the Championships with their athletes will need to register no later than 12pm on Thursday 30<sup>th</sup> January using the following link below.

All coaches who have registered will have access to the coaching areas situated on the site plan (page 4).

[Coach registration form - Welsh U13, U15, U20 & Para Indoor Athletics Championships 2026 – Fill in form](#)

## REGISTRATION/REPORTING

Registration will open at 9:00am 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.

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.

Athletes competing on both days must retain their bib numbers - no new numbers will be issued during the weekend. Athletes competing on Sunday must return to registration and re-register. any athlete that fails to re-register on Sunday will not be allowed to compete.

There will be no pins issued at registration, if you require pins they can be exchanged for a charitable donation at the retail desk.

## 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.”*

Where an athlete who withdraws from a semi-final or final, the next qualifying athlete on time can be put in their place. In the event of too few athletes for the next round, the Final will be run at Heat/semi-final time.

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## 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, excluding seated shot. Call room will be located in the top left corner of the arena, close to warm up.

Athletes must report to Call Room at the correct time. This is the responsibility of the athlete.

Athletes must not bring electronic devices into the call room.

Start lists will be viewable online: [Home | Welsh Athletics Junior Indoor T&F Championships](#)

## CLOTHING AND BELONGINGS

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

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](#).

A document containing instructions on the critical measurement points for shoes is available [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 can be used.

### PERSONAL IMPLEMENTS

These must be submitted to the Technical Manager for checking at least 60 minutes before the start of the event in which they are to be used. **ONLY INDOOR SHOTS ARE PERMITTED.**

Implement checking 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**. A number of stadium blocks will be available for warmups and the event arena.

Use of starting blocks will be mandatory for U20 events up to and including 400m.

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## 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 from Power of 10.

Under 13 & U15 athletes will have 3 trials in field events except for vertical jumps.

U20 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 winning they will be awarded a gold medal alongside the Welsh 1<sup>st</sup> finisher.

**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 & 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**.

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."*

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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 – Nick Higman

Meeting Manager – Martin Bell

Technical Manager – Peter Gregson

Event Manager – Euan Coney

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