

**LISTEN  
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**Welsh Senior & U18 Championships  
Incorporating British U18 Trials  
Cardiff International Sports Campus, Cardiff  
Saturday 27<sup>th</sup> & Sunday 28<sup>th</sup> June 2026**

Thank you for your entry into the above event. The Championships will be held under UKA & WPA rules and hold a Level 2 license.

**\*PLEASE READ ALL OF THE FOLLOWING INFORMATION CAREFULLY\***

**STADIUM ADDRESS**

Cardiff International Sports Campus, Leckwith Road, Cardiff, CF11 8AZ

**ELIGIBILITY TO COMPETE**

To compete at these Championships, you must be a registered member of your Home Country Association.

**Seniors:** 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.

**U18:** Open to all athletes as part of the European U18 Championships Trials but only athlete's eligible to compete for Wales, are eligible to score in the Welsh Championships.

**CAR PARKING**

We recommend the use of public transport where possible to get to the venue.

The on-site car park is pay and display, the overflow car park is situated across the road at Cardiff City Football Stadium. We advise if arriving after 10am, you go straight to the overflow.

**SPECTATORS AND COACHES**

Entry fee to be paid at the entry desk with a cost of £5 per person, £8 for a weekend, £3/6 for students, U18's or over 65's. U11's will be admitted free-of-charge

**Coach Registration**

A number of spaces have been reserved specifically for coaches.

Coaches **MUST** pre-register via the form on the competition webpage

Please bring your coaching license to the venue.

**ARRIVAL PROCEDURE**

Gates will open at 9:00am on both event days. Entry into the venue is via **Gate 'A'** alongside the stadium's main entrance where:

Spectators/coaches will need to visit the welcome desk.

Athletes will need to visit registration.

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**WELSH ATHLETICS**  
ATHLETAU CYMRU

## REGISTRATION/REPORTING

Registration will open at 9:00am on both event days – **athletes must 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.

We ask that parents and coaches avoid queuing for registration with their athletes

Bibs must be worn on the front and back for all events (apart from the jumping events, where only front bibs need 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 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.**

## 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 on the OpenTrack competition page

### All Athletes

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.'*

All athletes should take as few belongings as possible into call room.

*Mobile Phones will not be allowed at event site, we advise athletes not to take Phones into the call room, mobile phone use is **NOT ALLOWED** in the call room at any time.*

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### 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"*

### WITHDRAWAL FROM EVENTS

If you wish to withdraw from an event, you must notify registration at least 90minutes prior to the event start time.

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.*

## EQUIPMENT

### SHOES

Athletes should study the latest regulations regarding shoes and ensure that their footwear complies. Competition shoes must confirm 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, except for High Jump where 9mm may be 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 past the far end of the stand, as shown on the map. Only 2 implements per athlete will be allowed. Personal implements will be held with Tech Manager and brought out to event site before event start.

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 the senior age-groups and U18 events up to and including 400m and 400mH

## 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 listed on Power of 10. Lane draws will take place once athletes have reported to Call Room.

In all Senior & U18 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.

In the event of an athlete who qualifies as a fastest loser for the next round of a Championship makes it known that they are unable to attend the next round and choose to withdraw, then the next fastest athlete on the qualification ranking would be eligible to take that space.'

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## 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 both the U18 and 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.**

Where we have an A and B final the top 16 athletes will qualify with 8 fastest in A Final and next 8 in B Final, Welsh Medallists will come from a combination of both finals based on times.

## PROTESTS

There will be no jury of appeal. Individual discipline referees will consider any relevant information available to inform their decision. The Referees decision is final. You will **not** be able to run under protest.

**Any protests must be submitted within 30 minutes of the final result being published.**

## CLEAN ATHLETICS

*'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).

## OFFICIALS

The event is organised by Welsh Athletics.

The following Officials are responsible for each particular aspect of competition:

Competition Director – Chris Berry

Meeting Manager – Lynette Harries

Technical Manager – Neil Gregory

Event Manager – Robert Campion

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

Robert Campion,  
Competitions Organiser – Welsh Athletics  
[competitions@welshathletics.org](mailto:competitions@welshathletics.org)